MONESSEN
MEALS ON WHEELS
Cook Book

ch - saute w/ oil
broccoli
dried tomato
&
seasons
basil
w-wine
3/4 c. chicken broth
1 Tbl. butter
simmer 5 mins
cook bowties
& mix w/ ties

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn Bread	200
Cracked Wheat Bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate Cake	400
Gingerbread	200
Ice Cream, vanilla	200
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150
Ham, smoked, medium fat	400
Liver	120
Pork Chop, 1	200
Spareribs	330

CALORIC CHART

MISCELLANEOUS

FOODS	CALORIES
Butter, 1 pat	110
Jelly, 1 tablespoon	107
Jam, 1 tablespoon	132
Macaroni and cheese	160
Omelet, 1 egg	130
Spaghetti and meat sauce	290
Spanish rice	155
Sugar, 1 teaspoon	20
Whipped cream, 1 level tablespoon	35

VEGETABLES

Asparagus	15
Beans, green	35
Beans, Limas	130
Beets	45
Carrots	45
Cauliflower	30
Corn	100
Peas, canned	65
Peas, green	100
Potato, sweet, 1	200
Potato, baked, 1	100
Potatoes, creamed	100
Potatoes, fried	100
Spinach	20
Tomato, 1	25
Turnips	35

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

GET A SUPPLY NOW.

LADIES AUXILIARY TO MONESSEN HOSE HOUSE #2

OFFICERS

President	Mrs. Minnie Koltash
Vice President	Mrs. Mary Bartosik
Financial Secretary	Mrs. Molly Bezuska
Recording Secretary	Mrs. Evelyn Palm
Treasurer	Mrs. Elaine Shambaugh

COMMITTEE

Chairlady	Mrs. Helen Murin
Co-Chairlady	Mrs. Mary Kamenicky
	Mrs. Minnie Koltash
	Mrs. Pat Anderson
	Mrs. Madeline Barron
	Mrs. Molly Bezuska
	Mrs. Nina Shusta
	Mrs. Tillie Siarnicki

MEMBERS

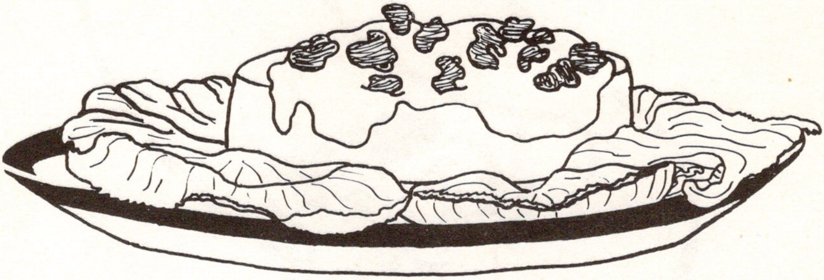
Pat Anderson
Madeline Barron
Mary Bartosik
Molly Bezuska
Alice Bieneck
Linda Bieneck
Nancy Billick
Betty Bonini
Connie Check
Mariruth Daniels
Mary Feehan
Ella Francowic
Jay Francowic
Mathilda Furio
Laverne Hubert
Ann Josay
Mary Kamenicky
Dorothy Kessler
Anna Mae Kobaly
Minnie Koltash
Kay Kurowski
Stella Lidgate
Helen Murin
Joanne Murin
Evelyn Palm
Edith Salotti
Elaine Shambaugh
Margaret Shusta
Nina Shusta
Tillie Siarnicki

SOUPS
SALADS
VEGETABLES

SPECIAL SALAD

(GOOD AT THANKSGIVING OR CHRISTMASTIME)

- HEAD CRISP, CHILLED LETTUCE
- CAN CRANBERRY SAUCE, CHILLED
- 1 PACKAGE BLACK WALNUTS
- MAYONNAISE



MAKE BED OF CHILLED LETTUCE AND PLACE IN SALAD DISH. CUT CRANBERRY SAUCE IN SLICES ABOUT 3-4 INCH THICK (ROUNDS) & TOP WITH PLENTY OF MAYONNAISE. SPRINKLE BLACK WALNUTS FREELY ON TOP OF MAYONNAISE AND SERVE. THIS SALAD IS ESPECIALLY DELICIOUS WITH TURKEY, DUCK, GOOSE OR FOWL OF ANY KIND. IT IS BEST DURING THE WINTER SEASON.

TO ADD ZEST ...

TO SHRIMP SALAD

FRY ONE SLICE OF BACON (FRY CRISP) FOR EACH SHRIMP SALAD TO BE SERVED. DICE AND MIX THOROUGHLY WITH THE SHREDDED SHRIMP. THE BACON ACCENTS THE FLAVOR OF THE SHRIMP.

TO VARIOUS SOUPS

A SLICE OF LEMON IN BLACK BEAN SOUP WILL SHARPEN THE FLAVOR AS WELL AS ENHANCE THE LOOKS OF THE CUP OF SOUP.

RUB THE BOTTOM OF THE SOUP CUP WITH A SLICED WHOLE GARLIC TO ACCENT THE FLAVOR OF NAVY BEAN SOUP.

ADD SLICED PIMIENTOS (WITHOUT THE LIQUID) TO ASPARAGUS SOUP JUST BEFORE REMOVING FROM FIRE TO SERVE. DO NOT COOK PIMIEN-

RAW CRANBERRY SALAD

Mrs. Holmes Anderson

2 c. (1/2 lb.) fresh cranberries
1 c. sugar
1 c. diced, unpeeled apples
1 c. fresh grape halves
1 c. fresh orange sections
1/2 c. chopped pecans or walnuts
Head lettuce
1/4 c. heavy cream, whipped
1/4 c. mayonnaise

Wash cranberries and put through a food chopper, using coarse blade. Add sugar, let drain overnight in refrigerator. (Save juice to use in punch or molded salad.) Combine drained cranberries, apples, grapes, oranges and nuts. Toss lightly. Serve on lettuce. Blend heavy cream with mayonnaise and serve over salad. Makes 8 servings.

RAINBOW SALAD

Mrs. Frances Amicucci

1 box lime jello
1 box cherry jello
1 c. pineapple juice
1/2 c. water
1 can drained fruit cocktail
1/4 c. sugar
Pinch of salt
1 box orange jello
1 pkg. dream whip.

Make lime jello and red jello using only 1 1/2 cups water for each box of jello. Put each in a separate 8 inch cake pan and let jell firmly. Heat pineapple juice, water, sugar and salt. Don't boil. Dissolve in this the orange jello. Let this get syrupy in refrigerator. Whip with mixer. Also whip dream whip; then fold all together with drained fruit cocktail and red and green jello, which has been cut into cubes when firmly jelled. Pour into dish and let chill until ready to serve. Delicious.

TUNA FISH SALAD

Mrs. Jul Rauscher

1 can tuna fish
1/2 c. chopped celery
3 hard boiled eggs, chopped
1/2 tsp. salt
1/2 c. mayonnaise,

Flake tuna fish with fork and then add the chopped eggs, celery, salt and mayonnaise and mix together.

JELLO SALAD Mrs. Charles W. Hagerstrand

Combine in order given: 1 box lemon jello, 1 box lime jello, 2 cups boiling water, 1 cup crushed pineapple, drained, 1 cup walnuts, 1 cup mayonnaise, 1 cup cottage cheese, 1 cup canned milk, 1 jar Maraschino cherries, drained and cut up. Set in refrigerator until firm.

CHRISTMAS SALAD Mrs. Robert Sowden

1 box strawberry jello
1/2 c. chopped nuts
1/2 c. chopped celery

Put in loaf cake pan and let set.

1 pkg. plain gelatin
2/3 c. pineapple juice
1 c. mayonnaise
1 lb. cream cheese

Whip together with:

Heat pineapple juice, dissolve gelatin in juice, add cheese and mayonnaise. Pour over strawberry jello.

Make 1 box lime jello using one can crushed pineapple. Pour over white layer and let set.

LEMON JELLO CHEESE SALAD Mrs. Clinton Rankin

1 can milk
1 pkg. lemon jello
1 c. hot water
1 - 8 oz. box vanilla wafers or half box graham crackers
4 to 6 Tbsp. oleo (enough to press crushed wafers together)
1 - 8 oz. pkg. cream cheese
1 c. sugar
1 tsp. vanilla

Put bowl and beaters in refrigerator overnight to get real cold. Mix 1 package lemon jello and 1 cup hot water and let get syrupy or partly jelled in refrigerator. Pour can of milk into large mixer bowl and put in freezer to freeze around edges. Meanwhile, mix cream cheese until very creamy adding 1 cup granulated sugar and 1 teaspoon vanilla. Crush vanilla wafers or graham crackers and mix well with oleo. Press half of crumbs in long flat dish. Beat milk until thick, beat jello until foamy and fold all together with cream cheese until well combined. Pour into dish and sprinkle and lightly press remaining crumbs all over top. Let stand in refrigerator all day or overnight for flavors to mix well.

DALFONSO FUNERAL HOME

PHONE MU 4-8750

RAYMOND D. DALFONSO
DIRECTOR

441 REED AVENUE
MONESSEN, PA.

MONESSEN PAINT SHOP
PAINTS — WINDOW SHADES — SANDERS
FLOOR COVERINGS
467 DONNER AVENUE
MONESSEN, PA.
PHONE MU 4-4943

A. MONCINI & SONS
IMPORTING DISTRIBUTOR
FOR
IRON CITY AND TECH
PHONE MUrray 4-4222 **206 E. DONNER AVE.**

MONESSEN, PA.

MONESSEN DISTRIBUTING COMPANY
Phone
MUrray 4-3939

Schmidt's
BEER of Phila.

Distributors of

ROLLING
ROCK BEER

601 THIRD ST. MONESSEN, PA.

Ray Spera **Nick Puleo**

PARK FINANCE COMPANY

BUILDING NO. 6
MONESSEN PARK SHOPPING CENTER
MONESSEN, PA.
MURRAY 4-8000

PATRONIZE

ADVERTISED

MERCHANTS

Monessen Laundry & Cleaning Company

179 DONNER AVENUE, MONESSEN, PA.

PHONE MU 4-4200

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK

FROZEN FRUIT SALAD

Mrs. Albert Pocky

1 No. 2 1/2 can fruit cocktail
1 tsp. unflavored gelatin
2 Tbsp. lemon juice
1 - 3 oz. pkg. cream cheese
1/4 c. mayonnaise
1/16 tsp. salt
2/3 c. whipping cream or 1 pkg. dream whip
1/2 c. sugar
1/2 c. chopped nuts

Drain fruit. Soak gelatin in lemon juice, then dissolve over hot water. Blend cream cheese with mayonnaise and salt. Stir in gelatin mixture. Whip cream until stiff, adding sugar gradually during last stages of beating. Fold in cheese mixture, nuts and fruit cocktail. Pour into flat dish and freeze until ready to serve. Let stand a few minutes before serving. Flavor and texture are ever so much butter. Makes 8 servings.

CHEESE TOPPED FRUIT SALAD MOLD

Mrs. Matilda Furio

2 env. unflavored gelatin
1/2 c. cold water
1 - 6 oz. can frozen concentrated raspberry lemon punch
3 cans cold water
1/8 tsp. salt
1 - 8 oz. pkg. cream cheese
1/4 c. milk
1 c. sliced peaches
1 c. raspberries or mixed fruit, fresh or frozen
1/2 c. nuts

Soften gelatin in cold water dissolved over hot water. Dilute punch with water, stir in gelatin. Soften cream cheese with fork and blend in milk then 1 cup of gelatin mixture. Pour into 2 quart loaf pan and chill until firm. Add raspberries and nuts to remaining gelatin mixture and chill until slightly thickened. Spoon over firm layer. Chill for 2 hours. Unmold, slice and serve. Makes 8 to 10 servings.

STRAWBERRY SALAD

Mrs. Joseph Koltash

3 boxes strawberry jello
2 pts. frozen strawberries
1 can 303 crushed pineapple
3 diced bananas
1/2 pt. sour cream

STRAWBERRY SALAD (Continued)

Drain pineapple and frozen strawberries, save juice. Mix jello with 5 1/2 cups liquid, using the juice of the strained fruit and water. Add the fruit to jello. Pour half into large square dish, let set. Drop sour cream by teaspoonsful over the set jello. Pour the rest of the jello over the sour cream and refrigerate. Cut into squares and serve.

HE MAN SALAD THAT EVERYBODY LIKES

Mrs. Fred Stockus

Bib lettuce
Romaine lettuce
Endive - or any good,
  fresh variety of same
  (nothing old and tough)
Depending on number of
  servings 1/2 lb. to 1
  lb. bacon (slab bacon
  preferred)

3 c. diced green onions
1/3 c. vinegar
1 Tbsp. sugar
Worcestershire sauce
Cayenne pepper
Seasoning salt
Fresh ground pepper

Wash greens in cold water. Break up small and place in large salad bowl. If slab bacon is used, slice in thick slices - cut slices in strips approximately 1/4 inch. Render bacon in skillet approzimately 50%. Drain off excessive drippings. Add chopped onions. Let simmer until bacon is near crisp. Add vinegar, sugar, 2 tablespoons seasoning salt, several dashes cayenne pepper, several dashes Worcestershire sauce, grind pepper and add while simmering; stir and let simmer until blend is complete.

Dressing should be just a bit on the heavy side. To add more spice to the flavor, sprinkle crushed Italian seasoning on greens, then add hot dressing. Mix well.

DO NOT BE SEVERE WITH GUEST IF BOWLS ARE LICKED CLEAN--TAKE THE BLAME, YOU SHOULD HAVE MADE A BIGGER SALAD!

SCALLOPED POTATOES WITH SAUSAGES

Mrs. Mariruth Daniels

1 lb. large link
  sausages
1/4 c. water

1 tsp. salt
2 Tbsp. flour
1 1/2 c. milk

Expression of Appreciation

OUR ORGANIZATION, THE COMPILERS AND SPONSORS OF THIS COOK BOOK, DO HERE PUBLICLY THANK AND EXPRESS OUR APPRECIATION TO THE OWNERS AND PROPRIETORS OF THE BUSINESS FIRMS WHOSE SPLENDID AND GENEROUS CO-OPERATION HAS MADE POSSIBLE ITS PUBLICATION AND WIDE DISTRIBUTION BY OUR ORGANIZATION.

WE ALSO WISH TO EXPRESS OUR APPRECIATION TO ALL THOSE WHO FURNISHED RECIPES, ASSISTED IN THE SALE OF ADVERTISING OR IN ANY OTHER WAY CONTRIBUTED TO BLICATION OF THIS BOOK.

Copyright

1961

Bev-Ron Publishing Company
Kansas City, Missouri

All rights reserved.

THIS BOOK includes the finest plastic ring binders available, BUT, like most plastics, the BINDERS CAN BE DAMAGED BY EXCESSIVE HEAT, so AVOID exposing them to the direct rays of the SUN, or to excessive heat such as IN A CAR on a hot day, or on the top of the kitchen STOVE. If not exposed to heat, the binders will last indefinitely.

SCALLOPED POTATOES WITH SAUSAGES (Continued)

Place sausages and water in a skillet over moderate heat. Cook for seven minutes, turning once. Drain. Arrange half the potatoes in a well greased layer cake dish. Sprinkle with half the salt and flour. Repeat the procedure, using the other half of the potatoes, salt, and flour. Pour milk over potatoes.

Arrange drained sausages on top and bake in moderate oven, 350 degrees, for 1 1/4 hours or until potatoes are done. Sausages should be turned once after about 45 minutes of baking. Makes 4 generous servings.

GREEN BEAN CASSEROLE

Patricia Vrable

2 cans green beans, cut
2 cans cream of
  mushroom soup
1 lb. ground beef
Onion
Bread crumbs
Parsley
Egg
Salt and pepper to taste

Mix ground beef with onion, bread crumbs, parsley, egg, salt and pepper. Form into miniature meat balls. Fry in butter until well done. Place green beans and soup in pan on top of stove over very low flame until soup is diluted. Add meat balls and remaining butter in pan. Place in casserole and bake in oven for about 15 to 20 minutes at 350 degrees F. Serve hot.

CANDIED SWEET POTATOES

Nina Shusta

Boil 6 medium sized sweet potatoes until almost tender; peel, cut in halves, lengthwise, or slice; place in baking dish. Sprinkle potatoes with cinnamon.

Now cook together, stirring, 1 1/2 cups dark brown sugar and 1/4 cup water for 5 minutes. Add 3 tablespoons butter. Pour sauce over the sweet potatoes and bake at 350 degrees for 15 minutes or until well browned. Baste occasionally.

HOME MADE BAKED BEANS

Mrs. Mary Bartosik

Feeds 30 to 40 persons.

2 1/2 lb. of marrow or
  navy pea beans
1 bottle ketsup
3 chopped onions
5 tsp. brown sugar
1 tsp. black molasses
3 tsp. prepared mustard
  (not dry)

HOME MADE BAKED BEANS (Continued)

Soak beans overnight, in the morning drain them. Boil beans in clean water for 45 minutes, or until almost tender. Do not over cook. Let stand for 1/2 hour. Meanwhile saute onions and bacon. Add mixture including bacon grease to other items and put in oven to cook for 3 to 4 hours at 350 degrees. Add water if needed. Lower temperature to 300 degrees last hour of cooking.

SQUASH DUMPLINGS

Mrs. Mary Bartosik

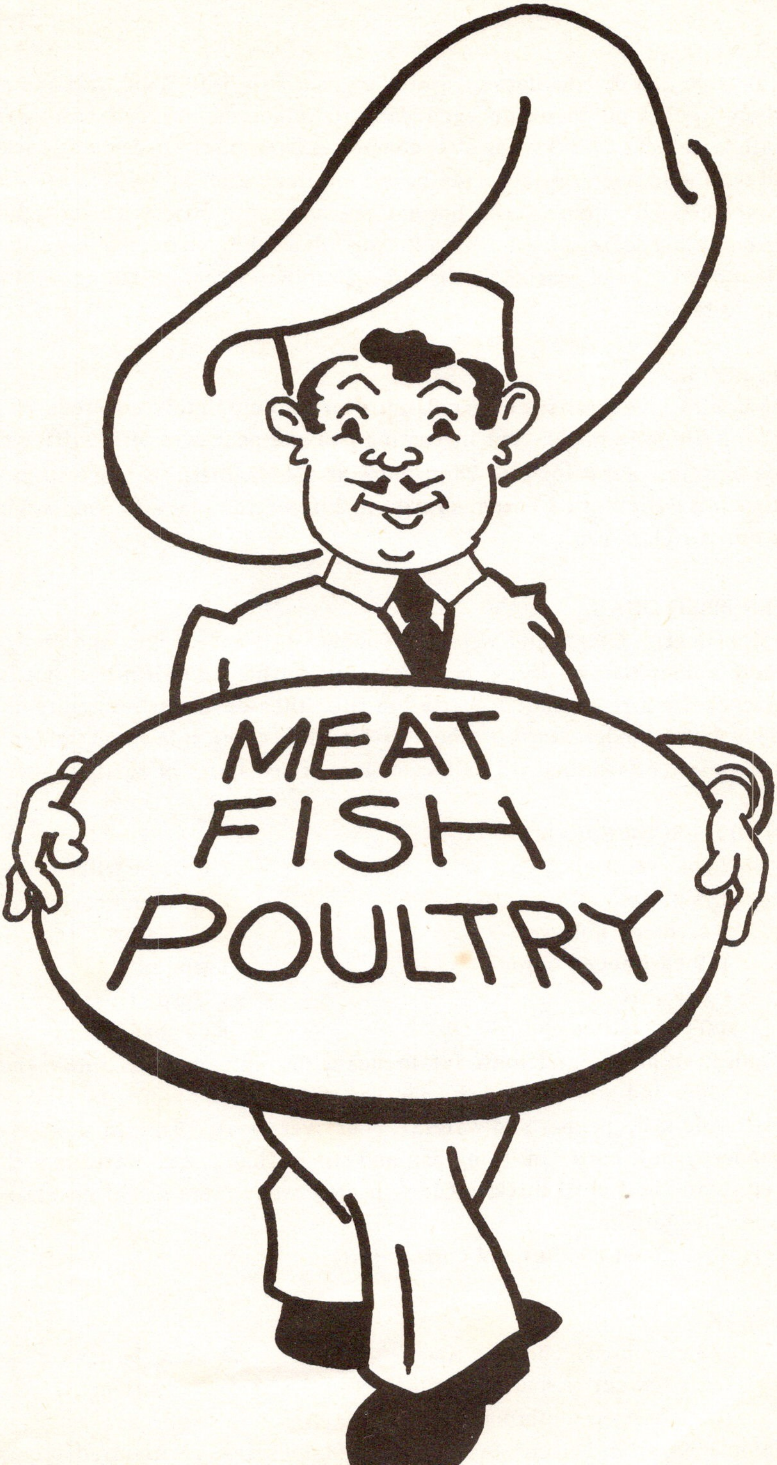
Wash, clean, young squash (leave green outside peel on). Cut ends off, slice paper thin. Put in deep large bowl. Sprinkle handful salt on squash, put a weight on top so that brine may form. Let stand 5 or 6 hours, or overnight. Drain off water just before making dumplings. Squeeze all excess water out of squash.

Batter:

- 2 or 3 beaten eggs
- 2 Tbsp. flour (more as needed)
- 1 clove garlic (diced)
- Handful of Italian grated cheese
- Handful chopped parsley
- Pinch pepper (black)
- Pinch basil

Mix well. Fold in squash, use tablespoon to form dumplings. Drop into hot oil, turn until golden brown on all sides. Drain on brown paper. This may be eaten hot or cold.

Write Extra Recipes Here:


MEAT
FISH
POULTRY

WILD GAME RECIPES

ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15 - 20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20 - 25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL

Dry pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison
1/4 c. fat
1 c. diced celery
1/2 c. minced onion
1 bay leaf
4 Tbsp. butter

1 clove garlic
1 c. diced carrots
2 c. water
1 tsp. salt
4 Tbsp. flour
1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables.

Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine
1/2 c. sweet or sour cream
1 c. chopped mushrooms

2 Tbsp. butter
2 Tbsp. flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned on-

MEAT, FISH, POULTRY

PORK CHOPS (OVEN STYLE)

Molly Bezuska

5 or 6 pork chops
2 Tbsp. flour
1/2 tsp. salt
1/4 tsp. pepper
1 can condensed cream
mushroom soup
1/2 c. water

Rub seasoned flour into pork chops. Brown the meat on both sides in a little fat in hot skillet. Place chops in baking dish or casserole. Dilute soup with water. Pour cream of mushroom soup over chops and cover. Bake in moderate oven, 350 degrees F. about 1 1/2 hours or until tender.

VEAL WITH SOUR CREAM

Mrs. John Yerga

1 1/2 lb. veal cutlet
4 Tbsp. butter or Crisco
Med.sized onion, diced
1 carrot, diced
1/2 c. water
1 1/2 tsp. salt
1/2 tsp. paprika
1/4 tsp. pepper
1 Tbsp. flour
1 c. sour cream

Cut veal into 1 inch cubes. Heat butter or Crisco in heavy skillet. Add onion and brown slightly. Add veal and continue cooking until meat is lightly brown. Add water, carrots and seasoning. Cover and simmer slowly until meat is tender, about 1 hour. Use more water if necessary. Thicken the sauce with 1 tablespoon flour. Before serving, add sour cream and bring to a slow simmer. Serve with cooked noodles or mashed potatoes.

BAKED LASAGNE

Evelyn Palm

1/2 lb. lasagne noodles
2 Tbsp. oil
1 clove garlic
1 med. onion, chopped
1 lb. ground beef
2 1/2 tsp. salt
1/4 tsp. black pepper
1 Tbsp. minced parsley
2 c. tomato paste
1 1/2 c. hot water
2 hard cooked eggs
1/2 lb. Mozzarella cheese
shredded
1/4 c. grated Parmesan
cheese

Cook noodles in salted water for 15 minutes. Drain. Heat oil in skillet, brown garlic and remove. Brown onion until soft. Add beef and seasonings and cook until crumbly. Add tomato paste and hot water.

BAKED LASAGNA (Continued)

noodles, the hard cooked eggs, sliced, half of the Mozzarelli cheese. Repeat with half the remaining meat sauce, rest of the noodles, remainder of the sauce and Mozzarelli. Sprinkle with Parmesan cheese. Bake at 350 degrees F. for 30 minutes.

SKILLET SPANISH RICE

Ruth Malush

1/4 c. fat
1 med. onion, chopped
1/2 med. green pepper, chopped
1/2 lb. ground beef
1 c. raw rice, washed
2 cans Hunt's tomato sauce
1 tsp. salt
Dash of pepper

Melt fat in skillet, add onion, pepper, and beef. Brown beef then add rice and Hunt's tomato sauce and salt and pepper. Bring quickly to a boil cover tightly and simmer 25 minutes. Makes 4 servings. For prepared rice simmer 10 minutes.

FLANK OR ROUND STEAK STUFFED AND ROLLED

Connie Check

Makes about 4 to 5 servings.

1 lb. flank or round steak cut 1/2" thick
2 Tbsp. fat
1 c. bread stuffing
1 onion, sliced
1/4 c. carrot, cubed
1 c. boiling stock or water

Spread stuffing over meat. Roll and tie securely at both ends and middle. Brown in fat in heavy pot or frying pan with tight-fitting cover. Add water or stock and vegetables. Cover and simmer gently on top of stove or in slow oven, 300 degrees F. for about 2 hours.

CHOP SUEY

Mrs. Helen Holmes

1 lb. veal
1 lb. pork
1 can mushrooms
1 stalk celery
5 onions
1/3 bottle Heinz beef-steak sauce
2 Tbsp. flour (rounded)
1/2 c. water (for thickening)
1 can bean sprouts
1 can chow mein noodles or cooked rice
1 c. water
1 Tbsp. sugar

SPIELMAN'S MANUFACTURER OF SOFT DRINKS
PHONE MU 4-6383 MONESSEN, PA.

COMPLIMENTS OF
A FRIEND

BART'S ESSO SERVICENTER GRAND BLVD. - PARK PLAN
MURRAY 4-4349 MONESSEN, PA.

COUSIN'S FLORAL SHOPPE 277 SCHOONMAKER AVE.
PHONE MU 4-7407 MONESSEN, PA.

TALL TOM'S PARK 'N EAT

PARK HOME AND AUTO
PARK SHOPPING CENTER MONESSEN, PA.

GIANNINI DISTRIBUTING CO.
DISTRIBUTORS OF DUQUESNE BEER MONESSEN, PA.

R. O. VALDISERRI BAKERY LOBLAW SHOPPING CTR.
PHONE MU 4-9353 MONESSEN, PA.

UNION CLEANING CO.
MONESSEN, PA.

BILL ROSS MOTOR SERVICE
MONESSEN, PA.

LIBBY'S DAIRY BAR
MONESSEN, PA.

PATRONIZE

ADVERTISED

MERCHANTS

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK

CHOP SUEY (Continued)

Cut meat, mushrooms, celery and onions in small pieces. Slice onions, if preferred. Brown onions to golden brown in butter or margarine. Make thickening with flour and water. Remove onions and brown the meat (dipped in flour). Add water to the meat then add celery, onions and mushrooms. Let simmer until meat is tender (about 1 hour). Add sugar and thickening and sauce and bean sprouts. Heat only until it comes to a boil. Serve over noodles or rice.

BUBBLE AND SQUEAK

Mrs. Marie Moffit

(Ground Meat and Potatoes with Onions)

- 1 lb. ground steak or ground beef
- 3 c. sliced potatoes
- 3 c. sliced onions
- 1 can consomme soup or beef bouillon soup
- Salt and pepper to taste

Fry meat until brown and remove from skillet, add soup to hot skillet and bring to a boil. Arrange potatoes, onions and meat in alternate layers in deep casserole. Add hot soup and enough water to come to top of vegetables. Bake 45 minutes at 350 degrees F. Cover with your favorite biscuit dough and bake 25 minutes or until biscuits are well browned, if desired, or just serve with biscuits baked separately.

ONE DISH MEAL (ITALIAN)

Mrs. Paul DiBattista

- 2 pieces pork steak or couple pork chops
- 1 can tomatoes
- Salt and pepper to taste
- Parsley and basil to taste
- 2 or 3 diced potatoes
- 1 can green beans or as much as desired
- Clove garlic or garlic salt

Brown meat in heavy pan, season with salt and pepper, garlic, parsley and basil. Add tomatoes and juice breaking up tomatoes and let simmer until meat is cooked pretty well. Add juice from green beans and add potatoes and cook until potatoes are almost done. Then add green beans until well heated. Add few tablespoons tomato paste if you desire a thicker sauce.

STUFFED CABBAGE ROLLS

Nina Shusta

STUFFED CABBAGE ROLLS (Continued)

1 lb. ground meat (1/2 pork and 1/2 veal or beef)
1 c. raw rice, washed
1 onion, minced
1 clove garlic, minced (optional)
1/4 tsp. pepper
4 Tbsp. canned tomatoes
1 lb. fresh sauerkraut or 1 can
1 can (28 oz.) canned tomatoes
Ham bone (optional)

Cut core out of cabbage. Put into large kettle of boiling water. With tongs, remove about 20 leaves as they wilt. Cut off coarsest part of ribs. Mix ground meat, rice, onion, garlic, egg, salt, pepper, and 4 tablespoons tomatoes. Put a spoonful of mixture into center of each leaf; roll up, tucking ends under. Chop coarsely remaining cabbage; put half in large kettle. Put ham bone in center of kettle and put cabbage rolls around bone. Top with remaining chopped cabbage, sauerkraut, tomatoes. Bring to boil, cover, and simmer about 1 hour.

Note: Cabbage Rolls can be made ahead and reheated at serving time.

BURGERS-ALA-FOIL

Eve Stofka

1 lb. ground meat
2 Tbsp. catsup
1 1/4 tsp. salt
Dash pepper
1/2 tsp. Accent
1/4 c. pickle relish
4 slices onion

Combine meat, catsup, salt, pepper and Accent. Form into 8 very thin patties, using 1/4 cup meat mixture per pattie. Spread 4 patties with relish, top with remaining patties, sealing the edges together. Top each double pattie with onion slice and wrap tightly in foil. Place on broiler pan folded side down, 3 inches from the heat. Broil 10 minutes, turn and broil 10 minutes longer. To brown, slit foil and fold it back, broil it 3 more minutes.

Write Extra Recipe Here:

BREAD
ROLLS
PASTRY

Food Quantities for Serving 25, 50 and 100 Persons at Picnic

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook:

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped potato	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gallons water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	⅓ pound and 6 gallons water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gallons water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pint	1½ to 2 pints	3 pints

BANANA NUT BREAD

Mrs. Charles W. Hagerstrand

1 3/4 c. sifted all purpose flour
2 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. salt
1/3 c. shortening
2/3 c. granulated sugar
2 eggs, well beaten
1 c. mashed, ripe bananas (2 to 3 bananas)
1 c. chopped nuts

Sift together flour, baking powder, soda, and salt. Work shortening until fluffy and creamy, then add sugar gradually, creaming until mixture is light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, stirring gently until smooth after each addition. Add nuts and stir just enough to blend the nuts through the mixture. Turn into a greased loaf pan about 9 x 5 x 3. Bake in a moderate oven of 350 degrees F. for about one hour, or until done.

BASIC SWEET DOUGH

Mrs. Joseph Koltash

2 pkg. dry yeast
2 c. evaporated milk (scalded, and cooled to lukewarm)
1/2 c. shortening, melted
1/2 c. sugar
2 tsp. salt
2 eggs, beaten
7 to 7 1/2 c. flour, sifted

Dissolve yeast in 1/2 cup of warm water (making amount of milk used to 1 1/2 cups). Add sugar, salt and shortening to milk and add to yeast. Stir in well-beaten egg. Mix well. Add 1/2 of the flour and beat with spoon until almost smooth and elastic. Add most of the remaining flour and knead until it is mixed well. Let stand for 10 minutes to tighten up, then knead until smooth and elastic. Let rise in covered bowl in a warm place until double in bulk (about 2 hours). Punch down and let rise again for 45 minutes. Punch down and turn out on floured board. Form into 4 mounds and let stand 10 minutes.

Roll out to 1/2 inch thickness and spread with desired filling. Roll up and seal edges. Placed on greased cookie sheet and bake for 45 minutes in 375 degree oven. After rolls have baked for 15 minutes,

POPPY SEED BREAD

Dorothy Novine

1/4 tsp. salt
2 c. sugar
1 1/2 c. oil
4 eggs

Cream together and add:

1 can solo poppy seed
1 c. chopped nuts

Grease 3 bread pans. Bake 1 hour and 15 minutes at 350 degrees.

BUTTERSCOTCH NUT BREAD

Mrs. Lohr Anderson

2 eggs
2 c. brown sugar
1/2 stick oleo
2 c. sour milk or buttermilk
4 c. flour
1 c. nuts or more if desired
1 1/2 tsp. baking powder
1 tsp. soda
1 tsp. salt

Beat eggs good. Gradually add brown sugar. Beat good. Melt oleo. Then stir into well beaten egg and sugar mixture. Sift together flour, soda, baking powder and salt and add alternately to sugar mixture with sour milk. Good to make this nut bread with electric mixer. Fold in nuts and bake at 350 degrees F. for 45 minutes or until done. Makes two loaves or three small ones.

CINNAMON BREAD

Mrs. George Cousins

1 c. milk
1/4 c. sugar
1/4 c. oleo
1 tsp. salt
1/2 cake yeast or 2 packages dry yeast
1/4 c. warm water
1 egg
4 1/2 c. flour
Soft butter
1/2 c. sugar and 1 Tbsp. cinnamon

Scald milk. Add sugar, oleo, salt and let cool. Mix yeast with warm water and add to cooled milk mixture. Add 1 egg and 4 1/2 cups flour (little more if needed). Mix dough good and knead until smooth and elastic. Let raise until double. Divide dough in half and roll out like for cinnamon rolls. Spread each half with soft butter and sprinkle with mixture of sugar and cinnamon. Roll up and fold under and put in bread pans. Let raise until double (about 65 minutes). Bake at 350

CRANBERRY NUT BREAD

Mrs. Margaret D

3 c. sifted flour
3 tsp. baking powder
1 1/2 tsp. salt
3/4 tsp. soda
1/2 c. shortening
1 1/2 c. sugar
2 eggs
3/4 c. orange juice
1 1/2 Tbsp. grated orange rind
3/4 c. chopped nuts
2 1/4 c. coarsely chopped fresh cranberries

Sift flour, baking powder and salt together and set aside. Add soda to shortening. Mix well. Gradually blend in sugar. Beat in eggs, one at a time. Add flour mixture alternately with orange juice. Stir in orange rind, nuts and cranberries. Turn into a well-greased, lightly floured 9 x 5 x 3 inch loaf pan. Bake in a preheated moderate oven, 350 degrees F. for 1 1/2 hours or until done. Remove from pan and cool.

NUT SWIRLS

Dorothy Kessler

1 pkg. dry yeast
1/4 c. warm water
2 1/2 to 3 c. sifted flour
1/4 c. sugar
1 1/2 tsp. salt
1/2 c. shortening
1 c. creamed small curd cottage cheese
1 egg, beaten
1/3 c. butter, melted
1 tsp. vanilla
1 c. brown sugar
1 c. nuts, ground

Soften yeast in water. Sift 2 cups flour with sugar and salt into mixing bowl. Cut in shortening until particles are fine. Blend in cottage cheese, egg and softened yeast. Gradually add 1/2 to 1 cup flour to make stiff dough. Knead on floured surface until no longer sticky, 3 to 5 minutes. Cover while preparing filling. Combine butter, brown sugar, nuts and vanilla. Roll out dough on floured surface to a 20 x 14 inch rectangle. Spread brown sugar filling over dough. Roll the two 14 inch sides toward each other until they meet in center of rectangle. Cut or tie off with strong thread into 1/2 inch slices. Twist each roll once to resemble an "S" place on greased baking sheet. Let rise in warm place until light, 1 to 1 1/2 hours.

Bake at 375 degrees for 12 to 15 minutes. Sprinkle warm rolls with a mixture of 1/4 c. powdered sugar and 1/4 teaspoon cinnamon.

ISABELLE'S 60 MINUTE RAISED ROLLS

Lois Burrows

1 1/4 c. milk
3 tsp. sugar
3/4 tsp. salt
2 Tbsp. soft butter
2 small cakes yeast
1/4 c. lukewarm water
4 1/2 to 5 c. flour, as needed

Mix together milk, sugar, salt and soft butter in a large pan and heat to lukewarm. Dissolve yeast in water and add to first mixture. Add 4 1/2 to 5 cups of flour. Mix thoroughly. Cover and set in warm place for 15 minutes. Turn onto floured board and pat or roll to 1/2 inch thickness. Cut with a floured biscuit cutter or a glass. Brush with butter and let raise for 15 minutes. Bake at 450 degrees for 10 to 12 minutes.

FOUNDATION SWEET DOUGH

Connie Check

2 cakes yeast	Soften yeast in water.
1/4 c. lukewarm water	Combine and cool to lukewarm.
1 c. milk, scalded	Add to lukewarm milk mixture with yeast.
1/4 c. butter	
1/2 c. sugar	Add to make a thick batter beat well.
1 tsp. salt	Add to make a soft dough.
2 eggs, well beaten	
2 1/2 c. sifted bread flour (about)	

Turn out on lightly floured board and knead well until bubbles start to appear. Place in greased bowl, cover and let rise until double in bulk. Punch down and shape into desired shapes. Let rise until double in bulk and bake. (May be held in refrigerator until needed after shaping.)

CLOVERLEAF ROLLS

(Yield: 3 dozen)

Margaret Shusta

7 c. flour
3/4 c. sugar
1 tsp. salt
1 small yeast
2 c. water
3 Tbsp. lard
2 eggs

CLOVERLEAF ROLLS (Continued)

1/2 cup warm water. Add eggs to shortening and water. Add liquids to flour and knead well. Cover dough and allow to raise in warm place. Raise only once. Shape dough into 3 one inch balls and place into greased cup cake pans. Let raise until double in bulk; then bake at 350 degrees F. 20 to 30 minutes until golden brown. Dough may be mixed the night before, placed in the refrigerator and shaped into rolls in the morning.

PATICA

Margaret Shusta

Sift 3 cups flour in bowl, make well in center.

Crumble 1/2 ounce yeast in well.

Sprinkle with 1 tablespoon sugar and 1/2 teaspoon salt. Add 1/4 cup scalded milk (cooled to lukewarm). Cover and let stand about 15 minutes to allow yeast to work.

Scald 3/4 cup milk with 3/4 of a 1/4 pound of butter (cool to lukewarm). Add 1 beaten egg. Add this mixture to first mixture and make soft dough. Knead until smooth.

Place in floured bowl and cover slightly with flour, cover with cloth and let stand in warm place until double in bulk. When raised, place table cloth on table, sift flour over cloth. Place dough on table and roll out lengthwise; then, stretch crosswise until thin as tissue paper. When stretched, place filling over dough and spread with tablespoon, then start rolling from one end, by lifting tablecloth and gently rolling dough until completely rolled to other end - like sausage. Place in greased pan (let rise until double). Before placing in oven, brush top with beaten egg. Bake in 350 degree F. until done (about 1 hour).

Filling:

Cream 1/4 pound butter well. Add 1 1/2 cups sugar, 6 eggs, 1 1/2 pound walnuts (with shells) ground fine and 1 teaspoon vanilla. Mix thoroughly.

POPPY SEED CRESCENTS

Marilyn Bieneck

1/4c. butter or margarine
1/3 c. boiling water
1 pkg. dry granulated yeast
1 tsp. salt
1 egg, beaten
2/3 c. undiluted evaporated milk

POPPY SEED CRESCENTS (Continued)

Combine butter or margarine and boiling water; stir until butter is melted. Cool to lukewarm. Add yeast to warm water; stir until dissolved. Add sugar, salt and yeast to butter mixture. Blend in egg and milk. Stir in flour and mix until dough is well blended. Place in a greased bowl. Cover and let rise in a warm place for one hour. Divide dough in half. Roll halves into 12 inch circles. Spread each with half of poppy seed mixture given below. Cut each circle into 8 to 12 pie-shaped sections. Roll into crescents. Place on lightly greased baking sheet. Let rise in a warm place until double in bulk; about 45 minutes. Mix glaze ingredients: 1 egg yolk and 1 tablespoons water, and brush over crescents. Bake at 425 degrees F. for 8 to 10 minutes. Yield 16 to 24 rolls.

Poppy Seed Filling

2 Tbsp. sugar
1/4 tsp. cinnamon
2 Tbsp. poppy seeds
2 Tbsp. water
1/2 tsp. grated lemon rind

Heat ingredients in a small saucepan to boiling. Cool.

NUT ROLLS

Anna Mae Kaboly

5 c. flour
1/2 lb. butter
1 tsp. salt
3 eggs, beaten
1/2 c. sugar
1/2 c. sweet milk
1 cake household yeast

Melt butter in warm milk and dissolve yeast in milk and butter. Knead as for bread. Let raise for 2 hours and punch down, then let raise again for 1/2 hour. Cut down in 5 pieces and roll out dough. Spread on nuts filling and roll as jelly roll. Let raise in pan for 1/2 hour and bake for 1 hour. Makes 5 rolls.

BREAKFAST WAFFLES

Mrs. Anna Povich

1 1/2 c. flour
2 Tbsp. butter
1 tsp. baking powder
2 eggs
Pinch salt
2 Tbsp. sugar
1 c. milk

RAISED DOUGHNUTS

Mrs. Milton Bost

1 c. lukewarm milk
1/4 c. sugar
1 tsp. salt
1 small cake yeast
1 egg
1/4 c. shortening
3 3/4 c. flour

Let raise until double in bulk. Roll out and fry in deep fat.

DELICIOUS COFFEE CAKE

Mrs. Margaret Devigne

1/2 c. shortening
3/4 c. sugar
1 tsp. vanilla
3 eggs
2 c. sifted flour
1 tsp. baking powder
1 tsp. soda
1/2 pt. sour cream

Cream sugar and Crisco, add eggs and vanilla. Sift flour once, measure and sift with baking powder and salt. Add dry ingredients to creamed mixture alternately with sour cream.

Topping

6 Tbsp. butter, melted
2 tsp. cinnamon
1 c. brown sugar
1 c. chopped nuts

Mix together. Grease tube pan. Spread part of batter in pan and sprinkle with half of the topping. Put remaining batter over topping and sprinkle with the rest of the topping. Bake at 375 degrees F. for approximately 45 minutes or until done.

ISABELLES BUNS

Lois Burrows

1 can milk (13 oz.)
3 c. water
1 large cake yeast
2/3 c. sugar
1 Tbsp. salt
1 Tbsp. lard (or Crisco)
3 eggs
4 lbs. flour

Heat milk and water to lukewarm. Dissolve the yeast in this. Add sugar, salt and soft lard. Beat eggs slightly and add to above. Add flour and knead. Let raise until double in bulk, punch down and let rise again. Shape into buns and place in pans and let rise again. Bake at 375 degrees for 30 minutes.

POTATO DONUTS

Mrs. Joe Salvino

2 Tbsp. shortening
1/2 tsp. salt
1/2 tsp. nutmeg
3/4 c. sugar
2 eggs, whole
1 c. freshly mashed potatoes
1/4 c. milk
2 1/2 c. sifted flour
3 tsp. baking powder

Cream shortening and sugar and add well beaten eggs. Stir in hot mashed potatoes and milk. Sift dry ingredients and add to first mixture working in additional flour as it is necessary to handle lightly. Roll out and fry. Fry in deep hot fat. Drain and dredge with sugar.

SANDWICH OR PICNIC BUNS

Mrs. George Cousins

2 eggs
1/2 c. sugar
1 c. hot water
1/4 c. shortening
1 Tbsp. salt
1 c. cold water
6 c. flour
1/2 cake yeast or
2 pkg. dry yeast

Dissolve yeast in 1/4 cup warm water. Put salt, sugar and shortening in a bowl and add 1 cup hot water and 1 cup cold water. Add 2 eggs, well beaten, and dissolved yeast. Let cool. Add 6 cups sifted flour. Knead until smooth and elastic. Let raise once until double in size and form into buns and let raise again. Bake at 400 degrees F. for 20 minutes.

CHEESE CAKE

Mrs. Helen Homes

1 1/2 lb. cream cheese
1 c. sugar
5 eggs
1 tsp. vanilla
Graham cracker crust

Beat cheese smooth, add sugar and cream together. Add eggs one at a time and beat smooth. Add vanilla. Pour into crust. Bake at 350 degrees for 1/2 hour.

Topping

1 pt. sour cream
1 tsp. vanilla
6 Tbsp. sugar

Beat all together until smooth. Pour over hot cake and bake again for 10 minutes. Cool, then put in

FRIED EGG-CRULLERS

Mrs. Mary Snyder

6 eggs (3 whole and
3 yolks)
2 Tbsp. shortening

Pinch of salt
1 Tbsp. sugar
Approx. 1 1/2 to 2 c.
sifted flour

Beat eggs until thick, blend in shortening, salt, and sugar. Add flour until consistency to knead. Remove from bowl and roll out thin, try not to tear dough. Cut with sharp knife into 3 inch long squares, slit center of square, pull one end of dough through center, drop into very hot fat (oil) for about a few seconds. Color will be light gold. Sprinkle with powdered sugar.

FAVORITE COFFEE CAKE

Donna E. Dudas

Topping

2 Tbsp. flour
2 Tbsp. butter
3/4 c. brown sugar

1/4 c. granulated sugar
1 tsp. cinnamon
Chopped nuts, cherries

Batter

1/2 c. butter
1 c. granulated sugar
2 eggs
1 tsp. vanilla

2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt

Cream together 1/2 cup of butter and 1 cup of granulated sugar, add 2 eggs and 1 teaspoon of vanilla. Sift together 2 cups of flour, 1 teaspoon of baking soda, 1 teaspoon of baking powder, and 1/2 teaspoon of salt. Alternate sifted ingredients and 1/2 pint of sour cream into the butter mixture, beginning and ending with the flour combination. Into a greased spring-form pan, pour part of butter, top with topping, making several layers. Bake 1 hour and 15 minutes in a 325 degree oven.

EASTER BREAD OR PASKA

Mrs. Henry Barron, Sr.

3 c. scalded milk
1 1/2 c. melted shortening
1 c. sugar
3 tsp. salt

5 well beaten eggs
*About 12 to 14 c. flour
1 large cake yeast
1/4 c. lukewarm water

*(Start out with 10 c. and keep adding.)

Soften yeast in lukewarm water. Stir in shorten-

EASTER BREAD OR PASKA (Continued)

flour into large bowl, add the milk mixture, softened yeast and beaten eggs, mix to a soft dough. Start with 10 cups and keep adding flour as needed. Set in warm place to raise until double in size, then punch down and let it raise again after second raising. Shape into any desired shape. Tube pan or round or loaf pans. Grease pans well.

Set aside to raise until almost double the size after you put into pans. Bake 30 to 40 minutes or until golden brown, at 375 degrees.

Brush tops of bread before putting in oven with warm milk, after you take bread out of oven, brush tops with melted butter.

This dough can be used for all kinds of rolls.

GRAHAM CRACKER PIE

Mrs. Fred Risher

16 graham crackers, rolled fine
1 tsp. flour
1/3 c. sugar
1 tsp. cinnamon
1/3 c. melted butter

Mix as for pie crust. Line pie plate with 3/4 of the mixture.

Custard Filling

2 egg yolks
1/2 c. sugar
2 c. milk
1 tsp. vanilla
2 Tbsp. cornstarch

Blend sugar and cornstarch. Add beaten eggs to milk and stir into dry ingredients. Cook until mixture coats spoon. Add vanilla and pour into pie shell.

FRIED PIES

Mrs. George Kamenicky

6 c. sifted flour
3/4 c. shortening
1 1/2 tsp. soda
Buttermilk
Prepared fruit filling
1 1/2 tsp. salt

Sift flour, soda and salt. Add shortening. Mix like pie crust. Add enough buttermilk to moisten. Roll thin. Cut in small squares. Add tablespoon filling. Seal folded edges. Fry in deep fat 350 degrees.

MILE HIGH STRAWBERRY PIE

Donna E. Dudas

1 pkg. frozen strawberries	1 Tbsp. lemon juice
1/2 c. sugar	1/2 pt. whipping cream
1/4 tsp. salt	1 tsp. vanilla
2 egg whites	1 - 10 inch baked pie shell

Whip cream first and place in refrigerator. Have strawberries partially defrosted. Place berries, sugar, egg whites, lemon juice, and salt in a large mixing bowl. With electric mixer beat at medium speed for 10 to 15 minutes or until mixture is stiff and holds its shape. Add vanilla and then quickly fold in whipped cream. Pile lightly into cooled pie shell.

GLAZED FRESH STRAWBERRY PIE

Mrs. Matilda Furio

Pastry for 8 or 9 inch pie:

1 c. sifted flour	1/3 c. plus 2 Tbsp. shortening
1/2 tsp. salt	2 Tbsp. cold water

Sift flour and salt. Cut in shortening with pastry blender until particles range from size of peas. Add water gradually from teaspoon few drops at a time and at same time mix and toss very lightly with fork. Press gently into a ball. Roll dough 1/8" thick and fit loosely in pie pan. Trim pastry 1 inch beyond edge of pie plate. Fold to form standing rim. Prick pastry with fork. Bake in hot oven, 450 degrees F. for 12 to 15 minutes or until golden brown.

Filling:

1 qt. ripe red fresh strawberries	1 c. sugar
2/3 c. water	3 Tbsp. cornstarch
	1/3 c. water

Wash and drain and hull the berries. Take 1 cup of these strawberries and 2/3 cup water and simmer these together for about 3 minutes. Blend together 1 cup sugar and 3 tablespoons cornstarch and 1/3 cup water. Boil 1 minute stirring constantly. Cool. Save 1/2 cup choice strawberries for garnish. Put remaining 2 1/2 cups berries into baked, cooled pie shell. Cover with glazed, cooked mixture. Refrigerate pie until firm about [illegible]urs. Serve with mounds of sweetened whipped cream

FRESH PEACH PIE

Nina Shusta

1 qt. fresh peaches, peeled and sliced	2 eggs
1 c. sugar	2 Tbsp. flour
	Pinch salt

Beat eggs until well mixed. Mix sugar, flour, and salt and add to eggs and beat until lemon color. Mix with peaches. Pour into unbaked pie shell. Bake 450 degrees for 2 or 3 minutes and 350 degrees for 1 hour.

This pie will form its own topping or crust.

Write Extra Recipes Here:

CAKES
COOKIES

COOKING SUGGESTIONS

To toast cocoanut for cakes, put in pie pan and place in moderate oven, stir often from edges, to brown evenly.

•

Flour should be sifted once before measuring. Fill the cup without packing.

•

Do not grease the sides of cake pans, grease only the bottoms.

•

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

•

If home churned butter is used, use equal parts of butter and lard or other shortening.

•

Eggs should be at least three days old before using in cakes.

•

SLOW OVEN ------- 250 to 325 degrees
MODERATE OVEN -- 350 to 375 degrees
HOT OVEN -------- 400 to 450 degrees
VERY HOT OVEN -- 450 to 500 degrees

•

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the

GOLDEN CREAM CHOCOLATE CAKE

Mrs. John S. Siarnicki

2 c. flour
2 tsp. baking powder
1/4 tsp. soda
1/2 tsp. salt
1/2 c. shortening
1 1/4 c. sugar
2 eggs, unbeaten
3 sq. Bakers chocolate
1 c. milk
1 tsp. vanilla

Sift flour, measure, add baking powder, soda and salt. Cream shortening, add sugar and cream together well. Add eggs one at a time and beat well. Add melted chocolate and blend. Add flour alternately with milk. Add vanilla. Bake in two greased 9 inch layer pans. Moderate oven 350 degrees for 30 minutes. Spread with golden cream filling and chocolate fluff frosting.

Golden Cream Filling:

1/2 c. sugar
3 tsp. flour
1/4 tsp. salt
1 1/2 c. milk
2 egg yolks
1 tsp. vanilla

Combine sugar, flour and salt in top of double boiler. Add milk gradually, mixing thoroughly. Place over boiling water and cook 10 minutes, stirring constantly. Pour small amount of mixture over egg yolks, stirring vigorously, return to double boiler and cook 2 minutes longer. Add vanilla. Cool, and spread between layers of cake.

Chocolate Fluff Frosting:

3/4 c. powdered sugar
3 sq. Bakers chocolate
1 tsp. vanilla
6 Tbsp. butter
1/4 tsp. salt

Cream butter and powdered sugar. Add cooled melted chocolate, salt and vanilla. In second bowl beat 2 egg whites until stiff, gradually add 3/4 cup powdered sugar. Beat until mixture stands in peaks. Fold egg white mixture into chocolate mixture and blend well.

NEAPPLE SHEET CAKE

Mrs. Helen Kuhn

c. flour
3/4 tsp. salt

PINEAPPLE SHEET CAKE (Continued)

Work together like pie dough. Add:

4 egg yolks
3/4 c. cold milk
1 1/2 tsp. vanilla

Knead together then roll out on cookie sheet. Save part of dough for lattice top.

Filling:

Crushed, drained pineapple and strawberry preserves, mix together and spread on dough. Make lattice dough and put on top of filling. Beat egg whites slightly and spread on lattice dough, sprinkle chopped nuts on top. Bake at 350 degrees for 30 minutes.

DELICIOUS CHOCOLATE NUT FUDGE CAKE

Mrs. Richard Dunmeyer

1/2 c. shortening
2 c. sifted flour
1 tsp. soda
1/4 tsp. salt
1 1/2 c. sugar
1 tsp. vanilla
1/2 c. sour milk
2 eggs
2 sq. baking chocolate
1/2 c. boiling water
1/2 c. chopped nuts

Put shortening in bowl. Sift together flour, soda, salt and sugar into bowl. Add vanilla and sour milk. Beat 2 minutes. Add eggs and chocolate. Beat 1 minute. Add boiling water and nuts. Beat 1 minute longer. Pour into prepared pans and bake at 350 degrees F. for 25 to 30 minutes. Frost with glossy chocolate frosting and sprinkle with nuts if desired.

YELLOW LAYER CAKE

Mrs. Robert Cosner

Measure into mixing bowl, all measurements level.

2 c. cake flour (sifted before measuring)
1 1/3 c. sugar
1/2 c. Crisco
1 tsp. salt
2/3 c. milk

Stir vigorously by hand or with mixer (medium speed) 2 minutes. Stir in: 3 teaspoons baking powder of the double action or phosphate type, such as Calumet, Davis, Clabber Girl, Rumford and KC. With tartrate type baking powder such as Royal, use 4 teaspoons.

YELLOW LAYER CAKE (Continued)

Blend by hand or in mixer (medium speed) for 2 minutes. The batter will be smooth and thin. Pour into two 9 inch layer pans 1 1/2 inch deep which have been rubbed with Crisco and lined with waxed paper. Bake in moderate oven 375 degrees, 35 to 40 minutes.

CARROT CAKE

Mrs. Anna Mae Kaboly

3 c. cake flour
2 tsp. baking powder
2 tsp. soda
2 tsp. cinnamon
1/2 tsp. salt
2 c. sugar
4 eggs
1 c. chopped nuts
1 c. cooking oil
3 c. grated carrots

Mix together and bake in floured and greased angel food cake pan for 1 hour at 350 degrees F.

APPLESAUCE CAKE

Ruth Malush

2 c. brown sugar
1 c. shortening
1 can applesauce
2 tsp. baking soda
Raisins, nuts, cherries,
  dates (candied fruit)
3 1/2 c. flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1 tsp. vanilla

Cream sugar and shortening. Sift flour with spices. Put baking soda into applesauce. Add flour and spices to creamed mixture alternately with applesauce. Stir in candied fruit and raisins. Pour into two loaf pans (bread). Bake at 325 degrees for 1 hour.

POUND CAKE

Mrs. Joe Salvino

1/2 lb. butter
2 c. sugar
4 large eggs
1 c. milk
3 tsp. vanilla
3 c. flour, sifted
1 tsp. baking powder

Cream butter and sugar. Add eggs, then milk and vanilla. Then add flour and baking powder. Grease tube pan (only bottom). Bake at 350 degrees 1 hour. Use butter icing.

TRIO LAYER CAKE

Mrs. John S. Siarnicki

3 c. flour
2 1/2 tsp. baking powder
3/4 tsp. salt
1 c. shortening
1 3/4 c. sugar
4 eggs
1 c. milk
1 tsp. vanilla

3/4 tsp. cinnamon
1/2 tsp. allspice
1/4 tsp. cloves
1/4 tsp. nutmeg
2 tsp. sugar
2 tsp. butter
1/8 tsp. soda
1 1/2 Tbsp. hot water
1 sq. unsweetened chocolate

Sift and measure flour. Add baking powder and salt. Sift 3 times. Cream shortening until light, add sugar gradually and beat until fluffy. Add eggs, one at a time and beat well. Add dry ingredients, alternately with milk. Add vanilla. Mix well after each addition. Divide batter in thirds. To one third add cinnamon, allspice, clove and nutmeg and blend well. To second part add sugar combined with butter, soda, water and chocolate (melted and cooled). Leave rest of batter plain. Bake in three 9 inch layers, moderate oven 375 degrees 25 to 30 minutes.

WHIPPED CREAM ICING

Mariruth Daniels

2 1/2 Tbsp. flour
1/3 c. milk

Mix and cook to paste. Set aside to cool.

1/2 c. shortening (Crisco or butter)
1/2 c. sugar

1/4 tsp. salt
1/2 tsp. vanilla

Mix together in mixer.

Add flour and milk paste to the above. Beat in mixer until fluffy.

GLOSSY CHOCOLATE FROSTING

Mrs. Richard Dunmeyer

3 oz. baking chocolate
3/4 c. sugar
3/4 c. boiling water
1 Tbsp. butter

3 Tbsp. cornstarch
1/8 tsp. salt
1/4 c. water
1 tsp. vanilla

Melt chocolate in double boiler. Mix in sugar

GLOSSY CHOCOLATE FROSTING (Continued)

1/4 cup water and stir into chocolate mixture. Cook over direct heat until it thickens, stirring. Return to double boiler and cook, covered, for 10 minutes. Remove and add butter and vanilla. Delicious on a fudge nut cake.

CHERRY COCONUT COOKIES

Mrs. Milan Bezuska

1 1/4 c. flour
1/2 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1/2 c. soft shortening
1/2 c. sugar
1/4 c. evaporated milk
1/2 tsp. vanilla
1/4 c. maraschino cherries
1 c. shredded coconut

Cream shortening and sugar, add milk. Cut cherries and shredded coconut. Add flour mixture all at once and mix well. Drop by teaspoon about 2 inches apart onto greased cookie pan. Bake on oven rack a little below center for 12 minutes. Remove from pan at once. Cool thoroughly before storing.

BISCOTTI

Jean Porreca

7 eggs
1 c. oil
1 1/2 c. sugar
1/2 c. nuts
1/2 c. candied cherries
1 Tbsp. annis seed
1 tsp. vanilla
5 c. flour
6 tsp. baking powder

Make a well with sifted flour and dry ingredients on a pastry board. Add the rest of the ingredients. Blend together with a fork until all ingredients are blended well together. Roll into a ball or loaf. Divide into 8 parts and place 4 at a time on a cookie sheet, 10 x 14 inch. Bake 350 degrees for 30 minutes. Remove and cool slightly. Cut diagonally 1/2 to 3/4 inches apart. Place on cookie sheet and bake again for 10 to 15 minutes, until brown.

PEZELLS

Mrs. James Barron

1 c. Spry
1 1/2 c. sugar
6 eggs
1 tsp. vanilla
2 tsp. baking powder

WAFFLES ON GAS IRON

Mrs. Pearl Weighti

1 lb. butter
2 Tbsp. Crisco
1 1/2 lbs. brown sugar
6 eggs
2 oz. wine
1 tsp. vanilla
1 tsp. baking powder
6 c. flour

Melt butter and Crisco and sugar, egg, wine, vanilla, baking powder and then flour. Chill overnight. Roll pieces about the size of a walnut and bake in iron.

SEAFOAM NUT SQUARES

Mrs. Robert Anderson

2 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
1/8 tsp. soda
1/2 c. shortening
1/4 c. sugar
1/2 c. firmly packed brown sugar
2 eggs, separated
2 Tbsp. cold water
1/2 tsp. vanilla
1/4 c. milk
1 1/2 c. firmly packed brown sugar
1 c. chopped nuts

Sift together flour, baking powder, salt and soda. Cream shortening, sugar and 1/2 cup brown sugar. Cream until light and fluffy. Add egg yolks and water. Mix well; add vanilla. Add milk alternately with dry ingredients. Spread in greased and floured 15 x 10 inch pan or in two 9 x 9 x 2 inch pans. Beat egg whites until fluffy but not dry. Add 1 1/2 cups brown sugar, a little at a time, beating well after each addition. Spread over cookie dough and sprinkle with chopped nuts. Bake in slow oven 325 degrees F. for 25 to 30 minutes. Cut into bars or squares while still warm. Makes 4 dozen.

PUMPKIN NUT COOKIES

Mrs. Jack Garber

1 c. oleo or butter
1 c. brown sugar, packed
1 c. mashed pumpkin
1/2 tsp. orange extract
1 egg
2 c. flour
2 tsp. baking powder
1 1/4 tsp. pumpkin pie spices
1/4 tsp. salt
2 c. chopped walnuts or less if desired

Cream margarine and sugar together thoroughly. Add pumpkin, orange extract and egg; blending well. Sift flour with baking powder, salt and spices. Blend

PUMPKIN NUT COOKIES (Continued)

greased cookie sheets. Bake at 375 degrees F. for 12 minutes. Makes 5 dozen cookies. Ice with confectioners icing if desired.

CHOCOLATE DREAM CUP CAKES Mrs. Matilda Furio

3 egg whites
1/2 c. sugar

In a small bowl beat egg whites until frothy, then gradually add sugar and beat until stiff. Set aside until needed.

1 3/4 c. flour
1 c. sugar
1 tsp. soda
1/4 tsp. salt
3 egg yolks
1/2 c. cooking oil
1 c. buttermilk
2 sq. baking chocolate,
  melted

Sift together in a large bowl flour, sugar, soda and salt. Make a well in center and add egg yolks, oil, buttermilk and chocolate. Beat until thoroughly mixed. Gently fold in egg white-sugar mixture. Fill paper cups 2/3 full. Bake 25 minutes in 375 degree F. oven. Yields 18 to 20 cup cakes.

CHOCOLATE MACAROONS Mrs. William Shambaugh

Put into large pan:

2 c. sugar
1/2 c. cocoa
1/2 c. milk
1/2 stick oleo

Boil exactly 2 minutes. Remove from heat and add:

3 c. oatmeal
1 c. nuts
1 tsp. vanilla
Dash of salt

Drop by teaspoon on wax paper.

CHOCOLATE GOBS Mrs. Howard Evans

2 c. sugar
1/2 c. shortening
2 eggs
1 c. buttermilk or
  sour cream
3/4 c. boiling water
1 tsp. vanilla
4 c. sifted flour
1/2 c. cocoa
1/2 tsp. salt
1/2 tsp. baking powder
2 tsp. soda

Cream shortening and sugar together. Add 2

CHOCOLATE GOBS (Continued)

and shortening mixture with milk and water. Drop by 3/4 teaspoon full on greased baking sheet. Bake at 450 degrees F. for 5 minutes. Put two gobs together with following frosting in the middle.

Gob Frosting:

5 Tbsp. flour
1 c. milk
1/2 c. oleo
1/2 c. shortening
1 c. confectioners sugar
1 tsp. vanilla
1/4 tsp. salt

Cook flour and milk together until thick. Cool. Whip good the oleo and shortening, add confectioners sugar, vanilla and salt. Whip until creamy. Add paste mixture and whip until creamy and thick.

COLD DOUGH COOKIES

Mrs. Joseph Koltash

8 c. flour
1 pt. sour cream
8 yolks, beaten
1 lemon juice and
  rind, grated
1 tsp. salt
2 Tbsp. sugar
2 Tbsp. vanilla
1 large cake yeast
1 lb. butter
1 orange rind, grated

Cut shortening into flour, salt and sugar. Mix until creamy. Add egg yolks, flavoring, vanilla and yeast. Mix well. Put in the refrigerator rolled in wax paper overnight. Roll out on sugar, spread with favorite filling and bake in 350 degree oven until golden brown. Use cookie sheets lined with waxed paper.

LITTLE HORNS

Mrs. Anthony Salvino

2 1/2 c. sifted all
  purpose flour
1 tsp. salt
3/4 c. butter
2 egg yolks
2 to 3 Tbsp. cold water
Thick jam or preserves
1 egg, beaten
1/3 c. finely chopped
  blanched almonds
Powdered sugar

Measure flour, salt and butter into mixing bowl. Work butter into flour until finely divided as for pie crust. Add egg yolks and water. Mix to a stiff dough

LITTLE HORNS (Continued)

Roll each ball on floured board into small round about 2 1/2 to 3 inches in diameter. In center of each round place about 1 teaspoon jam or preserves, fold over, press edges together, to prevent jam from running out. Place on ungreased cookie sheet. Shape filled rolls into small horns. Brush each with beaten egg and sprinkle top with almonds. Bake 12 to 15 minutes at 375 degrees. Remove from sheets, dust in powdered sugar, cool before starting.

GAUFFLETTES (German)

Mrs. Jul Rauscher

1 lb. butter
1 lb. sugar
1 lb. flour
8 eggs
1 tsp. baking powder
1 Tbsp. vanilla

Put ingredients in bowl in the order given and mix altogether until it is a smooth batter. Drop a spoonful on hot waffle iron. A French deep waffle iron is preferred. Sprinkle with powdered sugar.

80 GOOD DROP COOKIES

Connie Check

2 c. brown sugar
1 c. butter
1/2 c. sour milk
2 eggs
1 tsp. nutmeg
1 tsp. soda
1 tsp. baking powder
2 1/2 c. flour

Cream thoroughly butter, sugar and eggs. Add alternately the milk and dry ingredients to first mixture. Beat thoroughly. Drop by spoonfuls on a greased cooky sheet. Bake at 400 degrees from 12 to 15 minutes.

ORANGE PINEAPPLE COOKIES

Edith Salotti

Cream:
1 c. white sugar
1 c. brown sugar
1 c. Crisco

Add and mix:
2 eggs
1/2 tsp. salt
1 tsp. vanilla
1 c. nuts
1 c. crushed pineapple
4 c. flour

Then add:
2 tsp. baking powder
1/2 tsp. baking soda

Drop from spoon on greased cookie sheet. Bake

ORANGE PINEAPPLE COOKIES (Continued)

Icing:

Cream 3 teaspoon butter with 1 cup powdered sugar. Add enough orange juice to make smooth icing.

CZECKOSLAVAKIAN COOKIES

Mrs. Henry Barron, Sr.

Cream 1/2 cup butter with 1/2 cup sugar until light and fluffy.

Add 2 egg yolks, blend well.

Add 2 cups sifted flour and 1 cup chopped nuts.

Grease 8 inch square pan well. Spoon half dough in pan spread with any thick jam. Cover with remaining dough. Bake 1 hour or until light brown, cook then cut into squares.

LOG CABIN COOKIES

Mrs. James Barron

3/4 c. shortening
1 3/4 c. sugar
3 eggs
5 1/4 c. flour
8 tsp. baking powder
1 1/4 c. milk

Grate one orange, put in the juice and rind of one orange. Mix altogether. Grease pans. Sprinkle powdered sugar on cookies. Bake at 375 degrees for 10 to 12 minutes.

POLKA-DATE BARS

Mrs. Matilda Furio

1 lb. dates
1 c. hot water

Pour hot water over dates and let cool.

1 c. oleo
1/4 c. sugar
2 eggs
1 3/4 c. flour
1 1/2 tsp. baking soda
1 tsp. vanilla
1/2 pkg. chocolate chips
1/2 c. chopped nuts

Cream oleo and sugar together. Add eggs, dates and water. Add flour and blend together. Pour into baking pan and top with 1/2 package chocolate chips and nuts. Bake at 350 degrees F. for 30 minutes in 13 x 9 inch pan.

RAISINS BARS

Edith Salotti

RAISINS BARS (Continued)

Cream:

3/4 c. oleo or Crisco
1 1/2 c. light brown sugar
2 eggs

Add raisins and liquid, alternating with:

3 c. flour
1 tsp. cloves
1/2 tsp. cinnamon
1 tsp. baking soda
1/2 tsp. nutmeg
1/4 tsp. salt

Pour in 11 x 16 inch cookie sheet. Bake at 400 degrees for 20 minutes.

Icing:

1 1/2 cups powdered sugar, add enough water to make thin icing. Ice cookies and cut into squares.

FRUIT SQUARES

Mrs. Henry Barron, Sr.

Work in 1/2 pound butter with 3 cups flour as for pie crust. Add:

1 c. sugar
1 tsp. baking powder
1 tsp. baking soda
4 egg yolks or 2 whole eggs
1/2 tsp. salt
1/2 pt. sour cream

Grate rind of 1 lemon or orange. One teaspoon lemon or orange juice. Mix well.

Spread on ungreased cookie sheet with spatula, retain a little batter and add enough flour to make it thick enough to roll between palm of hand to make criss cross strips. Spread any filling or preserves over batter and sprinkle top with nuts then place strips, criss cross fashion. (Nuts may be omitted).

Bake 325 degrees for 1/2 hour. Sprinkle with powdered sugar and cut into squares.

You can use 1/2 batter for bottom and half for top instead of criss cross.

CONGO SQUARES

Mrs. James Barron

2/3 c. shortening, melted
2 1/4 c. brown sugar
3 eggs that have been beaten

Blend all together and mix in mixer.

2 3/4 c. sifted all
2 1/2 tsp. baking powder

CONGO SQUARES (Continued)

nuts and 1 package of chocolate chips.

Grease two 8 inch square pans. Work in batter. Bake 25 to 30 minutes at 350 degrees.

BROWNIES

LaVerne Hubert

3/4 c. oleo
3 chocolate squares
1 1/2 c. granulated sugar
3/4 c. applesauce
1/2 tsp. salt
1/2 tsp. soda
3 eggs, well beaten
1 1/2 c. flour
3/4 tsp. baking powder
3/4 c. chopped nuts
1 1/2 tsp. vanilla

Melt the oleo and chocolate squares together. Then add the sugar, flour, salt, soda, nuts, eggs, applesauce, vanilla and the baking powder. Beat for a minute and spread in a greased cookie sheet. Bake for 20 to 25 minutes in a 350 degree oven. You can ice them if you want to. This recipe makes a small pan, make a recipe and a half to fill a larger pan.

PINEAPPLE MERINGUE SQUARES

Dorothy Kessler

Filling:

3/4 c. sugar
4 Tbsp. cornstarch
1 can crushed pineapple (No. 2 can)
1 egg
3/4 c. water

Combine ingredients in order given and cook until thick and cool.

Batter:

1 c. shortening
1 c. sugar
4 egg yolks
3 c. sifted cake flour
1 tsp. baking soda
1 tsp. baking powder
1 c. milk

Cream shortening, add sugar and cream well. Add egg yolks and beat well. Sift dry ingredients and add alternately with milk to creamed mixture. Spread batter in greased 12 x 17 cookie sheet. Spread pineapple filling over batter and top with meringue.

Meringue:

DESSERTS

KITCHEN MEASURES

3 tsp. ------------------------1 Tbsp.
2 Tbsp. ----------------------1 fluid oz.
4 Tbsp. ----------------------1/4 cup
6 Tbsp. ----------------------3/8 cup
8 Tbsp. ----------------------1/2 cup
16 Tbsp. --------------------1 cup
1 cup-----------------------8 fluid ounces
2 cups ----------------------1 pint
2 pints -- -------------------1 qt.
4 qts. ------------------------1 gal.
8 qts. ----------------------1 peck
4 pks. ------------------------1 bu.
16 oz.------------------------1 lb.
2 c. liquid -----------------1 lb.
4 c. flour -------------------1 lb.
2 c. granulated sugar------1 lb.
2 2/3 c. brown sugar ------1 lb.
3 1/2 c. powdered sugar ---1 lb.
2 c. butter -----------------1 lb.
2 c. solid meat ------------1 lb.
1 lb. brick butter ----------2 cups
9 medium sized eggs -------1 lb.
4 Tbsp. flour --------------1 oz.
2 tsp. butter or salt -------1 oz.
1 oz. chocolate -------------1/4 c. cocoa
1 sq. bitter chocolate------1 oz.
1 peck tomatoes ------------15 pounds

MEASURE ABBREVIATIONS

Teaspoon ------------------ tsp.
Tablespoon --------------- Tbsp.
Ounce --------------------- oz.
Cup ----------------------- c.
Pint ----------------------- pt.
Quart --------------------- qt.
Gallon -------------------- gal.
Peck ----------------------- pk.
Bushel -------------------- bu.
Pound --------------------- lb.

PALACHINKY

Mrs. Helen Kuhn

Beat 2 eggs, add 1/3 cup sugar, pinch of salt, vanilla to taste, add sifted 3 cups flour. One quart warm milk or less. Add little flour and milk to make a thin batter. Pour in skillet and fry on both sides.

Filling:
Mix cottage cheese, sugar, salt and raisins. Add a little milk enough to spread the cheese on the above.

CANNOLI
(Italian Cream Rolls)

Mrs. Helen Murin

Shells

3 c. flour
1/4 c. sugar
1 tsp. cinnamon
1/4 tsp. salt
3 Tbsp. shortening
2 eggs, well beaten
2 Tbsp. white vinegar
2 Tbsp. cold water
6 - 6" aluminum tubes

Sift together into a bowl, flour, sugar, cinnamon and salt. Cut in shortening with.pastry blender until pieces are size of small peas. Stir in eggs, well beaten. Blend in, a tablespoon at a time, vinegar and cold water. Turn dough onto a lightly floured surface and knead. Wrap in waxed paper and chill in refrigerator for 30 minutes. Heat deep fryer to 360 degrees F. From cardboard, cut an oval pattern (6 x 4 1/2 inches). Blanch 1/4 to 1/2 cup pistachio nuts, finely chop and set aside. Roll chilled dough 1/8 inch thick on floured surface. With cardboard pattern and pastry cutter, cut ovals from dough. Wrap dough loosely around aluminum tubes just lapping over opposite edges. Seal edges by brushing with egg whites, slightly beaten. Press edges together to seal. Fry in deep fat for about 8 minutes until brown. Drain and cool slightly and remove tubes. Cool completely.

Filling:

3 c. (about 1 1/2 lbs.) Ricotta cheese
1 1/4 c. sugar
2 tsp. vanilla extract

Mix above ingredients for about 10 minutes with electric mixer until smooth. Stir in:

1/2 c. finely chopped candied citron
1/4 c. semi-sweet chocolate pieces.

CANNOLI (Continued)

ends of Cannoli with chopped nuts and dust shell with confectioners sugar.

APPLE STRUDEL

Mrs. Helen Murin

1 c. cottage cheese, creamed
2 c. flour
2 sticks oleo
Apples
3/4 c. sugar
1/2 tsp. cinnamon

Mix together like pie dough. Chill overnight. Peel apples and chop. Add 3/4 cup sugar and 1/2 teaspoon cinnamon to apples. Roll dough on sugared board and cut into four inch squares. Place about a tablespoon of the apple mixture into each square; bring up opposite ends to middle and pinch to seal. Bake on greased cookie sheet for 25 minutes at 350 degrees F. Serve hot.

RAISIN PUDDING

Mrs. Raymond Carlson

1/2 c. shortening
1 c. brown sugar

Mix together well.

3 c. flour
4 tsp. baking powder
1 tsp. nutmeg
2 tsp. cinnamon
1 tsp. cloves
1 tsp. allspice
Pinch of salt
Nuts
Raisins
1 c. milk
1 1/2 c. brown sugar
Butter to dot with
3 c. boiling water

Mix together flour, baking powder, nutmeg, cinnamon, cloves, allspice, salt, nuts and raisins. Add to the shortening and sugar with 1 cup milk. Pour into pan and sprinkle with 1 1/2 cups brown sugar and dot well with butter and pour over all 3 cups boiling water. Bake in hot oven about 45 minutes.

WHIPPED RICE DESSERT

Mrs. Robert Anderson

1 1/2 c. cooked rice
1 1/2 c. diced marshmallows or 1 c. coconut
1/4 c. chopped nuts
2/3 c. evaporated milk
2 Tbsp. lemon juice
1/2 c. sifted confectioners

WHIPPED RICE DESSERT (Continued)

1/4 c. well-drained chopped maraschino cherries

Mix rice, marshmallows (or coconut), pineapple, cherries and nuts in bowl. Chill milk in refrigerator tray until soft ice crystals form around edges of tray (15 to 20 minutes). Whip until stiff. Add lemon juice and whip very stiff. Beat in sugar. Fold whipped milk into the rice mixture. Spoon into serving dishes and refrigerate until ready to serve. Makes 6 servings.

CHERRY PUDDING DESSERT

Mrs. Robert Anderson

1/3 c. butter, creamed
1 1/2 c. sugar
2 eggs, well beaten
2 1/4 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1 c. milk
1 c. sour, drained, pitted cherries
1/2 c. chopped nuts

Cream butter, gradually add sugar, creaming together until fluffy. Blend in the beaten eggs. Sift flour, baking powder and salt, stir into the creamed mixture alternately with milk. Blend in the well drained cherries and nuts. Pour into a well greased and floured pan (8 x 12 inches). Bake in a moderate oven 350 degrees F. for 50 minutes, or until golden brown. Serve with cherry sauce below.

Hot Cherry Sauce:

1/2 c. sugar
2 Tbsp. cornstarch
1/16 tsp. salt
3/4 c. cherry juice
1 c. water
1/4 tsp. almond extract

In top of double boiler mix the sugar, cornstarch and salt. Add the cherry juice, water, almond extract, stirring constantly until smooth and thick, about 15 minutes. Serve hot over the hot pudding.

STRAWBERRY DELIGHT DESSERT

Mrs. Jack Garber

2 c. crushed vanilla wafers
2 eggs
1 1/2 c. confectioners
1/2 pt. whipped cream or dream whip
1 qt. box fresh or frozen strawberries (sliced

STRAWBERRY DELIGHT DESSERT (Continued)

1/2 c. butter	1/2 c. chopped nuts

Spread half of vanilla wafers in 9 x 9 inch cake pan. Cream butter, add sugar and eggs, beat with mixer until smooth. Spread this on top of vanilla wafer crumbs. Add strawberries and sprinkle with chopped nuts. Sprinkle remaining wafers on top and spread with whipped cream. Chill until firm. Serves 8.

STREUDEL

Margaret Shusta

2 c. flour	1 Tbsp. vinegar
1 Tbsp. oil	1/4 tsp. salt
1 egg	

Add just enough water until kneaded real well. Place under dish for about 30 minutes; then stretch tissue thin. Spread with desired filling. Roll as for jelly roll. Place in well greased pan. Bake 350 degrees F. for about 1 hour.

Suggested filling:

Brush dough with melted butter. Sprinkle with apples, cinnamon, sugar, crushed graham crackers. (Nuts, raisins or coconut - optional)

Write Extra Recipes Here:

BEVERAGES
AND
MISCELLANEOUS

TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill pack.	Cut: 2 minutes in boiling water Whole: 2 1/2 min. in boiling water
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole	Whole: 4 1/2 min. boiling water Sliced: 3 minutes in boiling water
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice.	3 minutes in boiling

MAYONNAISE

Mrs. Charles W. Hagerstrand

1 c. sugar	1 egg
1/2 tsp. salt	1 c. sweet pickle juice
1/2 tsp. dry mustard	1 tsp. butter
1 Tbsp. flour, rounded	

Mix all dry ingredients first, egg and then juice. Cook until thick and add butter.

BARBECUE SAUCE

Mrs. George Kamenicky

2 Tbsp. butter	2 Tbsp. mustard
1 med. onion, minced	1 Tbsp. Worcestershire sauce
1 green pepper, chopped	1 Tbsp. salt
2 Tbsp. brown sugar	3/4 c. ketchup

Mix all ingredients together, bring to boil and simmer for 15 minutes.

GNOCCHI

Mrs. Mariano Duronio

1 pound potatoes, cut in quarters

Cook about 20 minutes, or until tender when pierced with a fork. Drain. To dry potatoes, shake pan over low heat. Mash potatoes and keep hot. Make a well with 1 3/4 cups sifted flour. Add mashed potatoes, 2 eggs and mix well and knead until dough is soft and elastic. Add more flour as needed to make dough smooth. Break off small pieces of dough and use palm of hand to roll pieces to pencil thickness. Cut into pieces about 3/4 inches long. Curl each piece on floured board by pressing lightly with the index finger and pulling the finger along the piece of dough toward you. Gnocchi may also be shaped by pressing each piece lightly with a floured fork. Cook in boiling water. Serve with tomato sauce and grated cheese.

POTATO DUMPLINGS
(Halusky)

Mrs. Henry Barron, Sr.

2 med. potatoes, grated	1 tsp. salt
	2 c. flour

POTATO DUMPLINGS (Continued)

Grate potatoes, add salt, egg and flour. If dough is too stiff add a little water (1/4 cup more or less). Drop small portions from tip of spoon into boiling salted water. Cook 10 minutes or 15 minutes. Drain, rinse with cold water. Serve with fried cabbage or cottage cheese.

Cottage cheese:

Brown 1/4 cup butter and pour over dumplings, crumble dry cottage cheese over buttered dumplings, add salt to taste. Mix well and serve.

Cabbage:

Chop 1 head cabbage up fine, season with salt, pepper and sweet paprika. Fry slowly in shortening until well done or golden brown. Add dumplings and mix well. Serve hot.

Instead of dumplings you can use sea shells, bow ties, or any kind of wide bought noodles.

CANDIED APPLES

LaVerne Hubert

10 - 12 wooden skewers
10 - 12 med. size apples
3 c. granulated sugar
1/4 tsp. cream of tartar
2/3 c. water
1 tsp. lemon juice
15 whole cloves
1 - 2 tsp. red coloring

Stick skewers into stem of apples. Combine sugar, cream of tartar, water, lemon juice, and cloves in a heavy saucepan. Stir until sugar is dissolved. Add red coloring. Without stirring, cook syrup to 300 degrees or to hard crackling stage. Remove from heat. Skim out cloves and twist apples in syrup quickly. Set on greased cookie sheet.

BLUEBERRY DUMPLINGS

Evelyn Palm

1 can blueberries (packed in water)
3/4 c. sugar
2 c. Bisquick
3/4 c. milk

Mix Bisquick and milk well with fork. Bring blueberries and sugar to boil. Drop batter from tip of

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:
1/2 Grapefruit, Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH		DINNER
	FIRST DAY:	
1/2 Grapefruit		2 Eggs
1 Egg		1 Tomato
6 Slices Cucumber		1/2 Head Lettuce
1 Slice Melba Toast		1/2 Grapefruit
Tea or Coffee		Coffee
	SECOND DAY:	
1 Orange		1 Small Broiled Steak, PLAIN
1 Egg		1/2 Head Lettuce
1 Slice Melba Toast		1 Tomato
1/2 Head Lettuce		1/2 Grapefruit
Tea		Tea or Coffee
	THIRD DAY:	
1/2 Grapefruit		1 Lamb Chop Lean, PLAIN
1 Egg		1 Egg
8 Slices Cucumber		3 Radishes
Tea or Coffee		1/2 Grapefruit
		Tea or Coffee
	FOURTH DAY:	
1 Tomato		1/2 Grapefruit
1/2 Grapefruit		Water Cress
1 Slice Melba Toast		1 Small Broiled Steak, PLAIN
Cottage Cheese		Coffee
Tea		
	FIFTH DAY:	
1 Orange		1/2 Grapefruit
1 Lamb Chop Lean, PLAIN		1 Tomato
1/2 Head Lettuce		2 Eggs
Tea		1/2 Head Lettuce
		Tea
	SIXTH DAY:	
1 Egg		1 Poached Egg
1 Orange		1 Slice Melba Toast
Tea		1 Orange
		Tea
	SEVENTH DAY:	
1/2 Grapefruit		1 Lamb Chop
1 Egg		6 Slices Cucumber
1/2 Head Lettuce		2 Olives
1 Tomato		1 Tomato
2 Olives		Tea or Coffee
	EIGHTH DAY:	

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
NINTH DAY:	
1 Egg	Any Meat Salad
1 Tomato	
1/2 Grapefruit	
Tea	
TENTH DAY:	
1/2 Grapefruit	1/2 Grapefruit
1 Lamb Chop, PLAIN	1 Lamb Chop, PLAIN
1/2 Head Lettuce	1/2 Head Lettuce
Tea	Tea
ELEVENTH DAY:	
1 Slice Cinnamon Toast	1 Small Broiled Steak, PLAIN
Tea	1 Stalk Celery
	1 Tomato
	2 Olives
	Tea
TWELFTH DAY:	
1/2 Lobster	1 Broiled Steak, PLAIN
2 Crackers	Cole Slaw
1/2 Grapefruit	1 Tomato
Tea	1 Orange
THIRTEENTH DAY:	
1 Egg	1/2 Grapefruit
1 Slice Melba Toast	1 Small Broiled Steak
1/2 Grapefruit	1/2 Head Lettuce
	1 Stalk Celery
	Coffee
FOURTEENTH DAY:	
1 Egg	1 Lamb Chop, PLAIN
1 Tomato	1/2 Tablespoonful Catsup
1/2 Grapefruit	1 Slice Melba Toast
1 Slice Melba Toast	1/2 Grapefruit
FIFTEENTH DAY:	
1 Egg	1 Small Broiled Steak, PLAIN
1 Slice Melba Toast	1 Small Portion Spinach, PLAIN
1/2 Grapefruit	1 Orange
Coffee	Tea
SIXTEENTH DAY:	
1 Egg	1 Small White Fish, BROILED
1 Tomato	1 Small Portion Spinach, PLAIN
1/2 Grapefruit	1 Orange
Coffee	Tea
SEVENTEENTH DAY:	
1 Lamb Chop, PLAIN	1 Small Broiled Steak, PLAIN

EIGHTEEN DAY REDUCING DIET

EIGHTEENTH DAY:

LUNCH	DINNER
1 Chicken Leg, BROILED	1/2 can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade - NO SUGAR	Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb. If you have not lost the desired weight you will repeat until you have lost the weight you wish. This diet takes the weight off slowly, but you do not become flabby. Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Ham Sandwich with Lettuce	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	0
Total	1,045

TUESDAY

BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Sirloin Steak-3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black	0
Total	1,175

THURSDAY

BREAKFAST	
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FRIDAY

	Calories
BREAKFAST	
1/2 Grapefruit	75
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Salmon Salad Sandwich	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,035

SATURDAY

	Calories
BREAKFAST	
Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Bacon & Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,155

SUNDAY

	Calories
BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	0
Total	1,160

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be

BODY BUILDING AND WEIGHT GAINING DIET

Light tea and coffee are permissible.

THE DIET SHOULD CONTAIN AT LEAST THE FOLLOWING DIETARY ESSENTIALS:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals: At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

BREAKFAST

Fruit:	Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
Cereal:	One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
Egg:	Soft boiled, poached, or scrambled egg.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
10:30 A. M.	Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup:	Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
Salad:	Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
Bread:	White or whole wheat toast, melba toast, bran or whole wheat muffin.
Dessert:	Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
3:00 P. M.	Milk, (hot or cold), cocoa, malted milk.

DINNER

Meat:	Choice of: Generous serving of baked chicken, two lamb chops, or

HIGH CALORIE DIET

Vegetables:	Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes and one half cup cauliflower. One large baked potato and one half cup broccoli.
Salad:	Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
Beverage:	Light tea or coffee, cocoa, malted milk.
Dessert:	Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

WEIGHT CHART

WOMEN				MEN			
Weight in Pounds (with reg. clothes)				Weight in Pounds (with reg. clothes)			
20-24	25-29	30 and over	HEIGHT with shoes on)	20-24	25-29	30 and over	HEIGHT with shoes on)
113	116	119	4' 11"	....	....	....	4' 11"
115	118	121	5' 0"	119	124	127	5' 0"
117	120	123	5' 1"	121	126	129	5' 1"
120	122	125	5' 2"	124	128	131	5' 2"
123	125	128	5' 3"	127	131	134	5' 3"
126	129	132	5' 4"	131	134	137	5' 4"
129	132	136	5' 5"	135	138	141	5' 5"
133	136	140	5' 6"	139	142	145	5' 6"
137	140	144	5' 7"	142	146	149	5' 7"
141	144	148	5' 8"	146	150	154	5' 8"
145	148	152	5' 9"	150	154	158	5' 9"
149	152	155	5' 10"	154	158	163	5' 10"
153	155	158	5' 11"	158	163	168	5' 11"
157	159	162	6' 0"	163	169	174	6' 0"
....	....	....	6' 1"	168	175	180	6' 1"

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

ASPARAGUS CASSEROLE

1 pkg. shredded cheddar cheese
3 cans Asparagus
1 pkg. Cheese Nips
1 pkg. almonds
2 cans Cream Mushroom Soup with little water.

Sprinkle Cheese Nips on bottom of dish then layer with asparagus, cheese and soup and almonds; then dot with butter. Heat 350° to hot and bubbly. (Grease dish well.)

BAKED BEAN CASSEROLE

(for large crowd or picnic)

1-1/2# sauted loose bulk sausage
1 can Pork and Beans
1 can Chili Beans with sauce
1 can Kidney Beans
1 can Wax Beans
1 can Butter Beans
1 can Chic Peas
1 cup Brown Sugar
2 Tbls. dry mustard
1 can Tomato Soup
1 can (6 oz.) Tomato paste
3 or 4 clices Bacon
1 cup celery (diced)
1 medium onion

Saute sausage, celery and onion. Drain fat; add Chili and Pork and Beans. Add rest of beans - drained. Mix well. Mix sugar, mustard and tomato soup; add to beans. Place in roaster and spread tomato paste on top. Cut bacon in 1 to 2" strips. Place on top and bake one hour with cover on at 350°.

Margaret Frenchek

BARLEY CASSEROLE

1/8 lb. butter
1/2 cup chopped onion
3/4 cup barley

Saute above until barley turns brown. Add:

1 - 4 oz. can mushrooms and juice
1 can Beef Broth (College Inn)
1 can water

Put in shallow casserole and bake 1 hour, 15 minutes at 350°. Add 1/2 cup slivered almonds and bake 15 minutes more uncovered until thick, but not dry. Serves 6.

BROCCOLI-CAULIFLOWER CASSEROLE

1 head cauliflower)
1 bunch broccoli) Cook together 10 minutes

Make white sauce; add 1/4 lb. of cheddar cheese. Pour over cauliflower and broccoli. Bake in over 30 minutes at 350°.

June Stieska

BROCCOLI & RICE CASSEROLE

1 cup Minute rice
2 pkgs. chopped broccoli - cook & drain
2 Tbls. butter
1 small onion chopped
1/2 cup milk
1 can Cream of Chicken soup
1/2 (or more) jar Cheese Whiz or comparable amt. Velveeta

Mix all ingredients together in order listed. Place in casserole. Bake 35 min at 350°.

BROCCOLI CASSEROLE

2 pkgs. frozen (or fresh) broccoli (cook until tender)
1 pkg (8 oz.) Velveeta Cheese (cut in strips)
15-20 Ritz crackers - crushed
3 Tbls. butter or oleo (melted)

Grease 2 qt. casserole. Place broccoli in casserole. Around edges of dish place cheese strips. Place crackers on top. Pour butter over crackers. Bake at 350° 30 minutes until cheese melts.

Velma Kerns

BROCCOLI CASSEROLE

2 pkgs. frozen chopped broccoli
1 can Cream of chicken soup
1 can Cream of Mushroom soup
1 tsp. grated onion
1/2 pkg. Pepperidge Farm Herb dressing
1/2 to 3/4 cup melted butter

Cook broccoli about 5 minutes with salt. Drain well and place in 2 qt. casserole. Over this sprinkle onion. Add the 2 soups mixed together. DO NOT MIX THROUGH! Cover with herb dressing, which has been combined with melted butter. Bake 30 minutes at 350° covered. Uncover, bake 15 minutes more.

RUBY BROCCOLI CASSEROLE

2 pkgs. chopped broccoli - thawed and drained
1 cup chopped onion
2 eggs
1 can Cream of Mushroom soup
1 cup Sharp Cheddar cheese grated
1 cup mayonnaise
1/2 stick margarine

Combine onion, eggs, soup, cheese, mayonnaise and margarine in blender until onions and cheese are broken up. Combine with broccoli and place in large casserole (buttered). Top with Ritz crackers (crushed) Bake at 350° for one hour.

Helen Tweardy

CABBAGE CASSEROLE

3# cabbage
1# lean ground meat
1 medium onion
1 can Tomato Soup
1 can water
Butter

Shred about 3# head of cabbage rather coarsely. Steam cabbage for about 5 minutes. Drain. Saute ground meat with chopped onion in butter. Heat it through, but DO NOT brown. Season to taste.

Put layer of cabbage into bottom of casserole. Cover with beef and onion. Then, add the rest of the cabbage as a top layer. Then pour soup and water. Cover and bake 325° until cabbage is tender. You can also mix about 1/3 cup rice with meat if you desire.

CABBAGE CASSEROLE

1# hamburger
1 small onion - chopped
1 can Tomato Soup - diluted
1 small head cabbage

Fry meat and onions, add diluted tomato soup.
Add: 1 tsp. vinegar
1/2 tsp. salt
1/2 tsp. pepper.

Add chopped cabbage and bring to a boil. Simmer 25 minutes. Put in baking dish, top with bread crumbs. Bake at 350° for 15 minutes.

BAKED CAULIFLOWER AU GRATIN

1 large head cauliflower (about 2 lbs.) Cook covered in lightly salted water 10-15 minutes (Drain well)

Sauce:

2 Tbls. butter or margarine
1/4 cup finely chopped onion
2 Tbls. flour
1/2 tsp. salt
1/8 tsp. pepper
1½ cups milk

Topping

2 Tbls. butter
1/4 cup bread crumbs
2 Tbls. Parmesan chees

Saute onion in butter till golden - about 5 minutes. Remove from heat; stir in flour, salt & pepper. Gradually stir in milk, bring to boil, then simmer 1 minute. Place cauliflower in 1½ qt. casserole, cover with sauce. Add bread crumbs and cheese to melted butter. Sprinkle over cauliflower. Bake, uncovered 20-25 min. at 350°.

Kay Mermigas
Greek Ladies

CELERY CASSEROLE

4 cups celery, parboil with 1 tsp. salt until it loses crispness
1/2 cup slivered almonds
1 can Mushroom soup
1 can Cream of Chicken soup
1 small jar pimentos, drained
1 small jar mushrooms, drained

Drain celery. Add other ingredients. Bake covered 30-40 minutes at 350°.

ESCALLOPED CORN & CHEESE

1 egg (beaten)
2 cups fresh (or canned) corn
1 cup milk
3/4 tsp. salt
1 cup bread crumbs
1/4 cup grated sharp cheese.

Beat egg in a 6 cup buttered casserole. Heat corn and milk. Gradually stir in beaten egg. Add salt, bread crumbs, cheese and mix. Bake in slow oven 325° uncovered for 30 minutes.

Miriam C. Scales

CORN AND NOODLE CASSEROLE

1 can Cream style corn
1/2 can milk
1 Tbls. sugar
1 egg beaten
1 cup cooked noodles
1 Tbls. butter

Combine all ingredients. Pour into greased casserole. Bake at 350° until set, about 1 hour.

GREEN & GOLD RICE CASSEROLE

1 med. onion - chopped
1 Tbls. butter
1 can Cheddar Cheese soup
1 roll Nippy Cheese
1/2 tsp. garlic powder
1 can mushroom pieces (8 oz.)
1 pkg. frozen chopped broccoli (cooked and drained)
3 cups hot cooked rice (1 cup uncooked).
1 can French fried onions

Cook onions in butter till soft. Add soup, cheese and garlick powder. Cook over low heat until cheese melts. Add mushrooms, plus their liquid, broccoli and rice. Place in buttered casserole. Top with onion rings. Bake at 350° for 20 minutes.

Helen Tweardy

GREEN BEAN CASSEROLE

2 can Green Beans drained
1 can Cream of mushroom soup
1 can mushrooms Pinch of salt

Mix in casserole, bake 30 minutes at 350°. Last few minutes, sprinkle on top 1 can Durkee's French Fried Onion Rings.

Mrs. Beatrice Ciliberti
Perryopolis

GREEN BEAN CASSEROLE

Drain and mix together:

2 cans French Style Green beans and
1 can Mushroom Soup and canned milk.

Put onion rings on top and bake about 45 min. at 350°. Season to taste. Bake uncovered.

GREEN BEAN CASSEROLE PARMESAN

1 can (1 pound) French Cut Green beans , well drained
1 can (1 pound) Bean sprouts
1 can (5 oz.) Water chestnuts, drained and sliced
1 can (4 oz.) Sliced mushrooms
1/2 cup grated Parmesan cheese
3 Tbls. melted butter
1 can (8 oz.) tomato sauce
1/2 tsp. salt
1 can (3½ oz.) French fried onion rings

Toss vegetables with Parmesan cheese in 8 x 12" shallow baking dish. Sprinkle with melted butter. Combine tomato sauce with salt; pour over vegetables. Sprinkle with onion rings on top. Bake in preheated oven 325° 20 minutes. 6 servings.

Theresa Glogosh

GREEN BEANS & CHEESE CASSEROLE

2 cans Green Beans , cut, drained
Velveeta cheese, thick slices
Pepperidge Farm Herb Stuffing

Pour green beans in oblong dish. Top with thick Velveeta cheese slices to cover green beans. Top cheese with Stuffing mix. Bake at 350° for 30 min.

Vannas Hagerstrand

HOMINY CASSEROLE

2 regular size cans hominy (drained well)
1 small jar pimentos
1/2 stick melted margarine
1 small carton sour cream
1/2 cup grated sharp cheese

Mix all in casserole and bake 1 hour at 350°.

Betty Aldridge

PINEAPPLE CASSEROLE

1 - 20 oz. can crushed pineapple
3/4 cup sugar
2 Tbls. cornstarch
2 Tbls melted butter
2 eggs beaten

Mix altogether. Put in casserole. Dot with butter and cinnamon. Bake 1½ hrs. at 300°.

Helen Tweardy
Miriam C. Scales

RICE CASSEROLE

1 cup raw rice (cooked)
1 green pepper) Chopped and sauted in 1 Tbls. oil
1 onion) (Mushrooms may be used also)
2 chicken bouillon cubes dissolved in 1/3 cup hot water.
Mix all ingredients, add salt and pepper. Place in oiled casserole, bake 1/2 hour at 350°.

Ruby McCraw

RICE CASSEROLE

½ cup long grain rice
1 cup celery - chopped
1 small onion - chopped
1 green pepper - chopped
½ lb. sliced mushrooms
1 can beef broth
Salt and pepper to taste.

Saute the celery, onions and green pepper in a little oleo or butter. Add the rice and mushrooms. Cook until lightly brown. Add one can beef broth and one can water. Let come to boil. Place in casserole. Bake 350° for 45 minutes.

Olga Garafolo

7 LAYER CASSEROLE W/CORN

Place in casserole:

1 cup uncooked rice
1 can whole corn (drained)
Salt & pepper
1 small can Hunts tomato sauce
1 can water
1 small onion chopped
1 green pepper (cut small pieces)

Place in pan:

1# Ground meat and cook till brown and put in casserole.
1 can (small) Hunts tomato sauce)
1 can water) Pour these two on meat, then top with 8 strips bacon. Bake covered 1½ hou
at 350°. Last half hour take off lid.

RUTABAGA CASSEROLE

1 rutabaga
1/2 cup brown sugar
1/2 cup bread or cracker crumbs
1/4 cup milk

Cut rutabaga into pieces and cook until soft. Drain and mash. Add brown sugar. Mix crumbs and milk and put on top of rutabaga. Sprinkle with 1/2 tsp. cinnamon and 1/2 tsp. nutmeg. Dot with butter. Bake at 350° until brown.

SPINACH CASSEROLE

2 pkgs. (10 oz.) frozen spinach, cooked and drained
2 cups cooked noodles
1 cup shredded processed American cheese
1 can Cream of Mushroom soup
1/3 cup molk
1/8 tsp. ground nutmeg

Arrange layers of spinach, noodles and 3/4 cup cheese in buttered 1½ qt. casserole. Blend soup with milk and nutmeg and pour over noodle-spinach mixture. Top with remaining cheese. Bake in a 375° oven 45 minutes. Makes 4 servings.

Kay Mermigas
Greek Ladies

SPINACH CASSEROLE

4 pkgs frozen chopped spinach, cooked and drained
1 pint sour cream
1 pkg. French onion soup mix
Bread Crumbs
Parmesan cheese

Add sour cream and onion soup mix to spinach. Mix well. Place in buttered casserole. Sprinkle bread crumbs and parmesan cheese over top. Bake at 350° for 1/2 hour.

Helen Tweardy

SWEET POTATO - APPLE BAKE

3 lbs. sweet potatoes
1 cup brown sugar (firmly packed)
1½ Tbls. cornstarch
¼ tsp. salt
½ tsp. cinnamon
2 tart apples
(pared and sliced)

1 cup apricot nectar
½ cup hot water
2 Tbls. butter
2 tsp. orange peel
(grated)
½ cup chopped nuts
(pecans, walnuts or
almonds)

Peel sweet potatoes. Cook in boiling, salted water until tender but not mushy. Drain and cool.

Combine brown sugar, cornstarch, salt and cinnamon in medium saucepan. Stir in apricot nectar, hot water and orange peel. Bring to full boil, stirring constantly. Remove from heat. Stir in butter. Cool slightly, stir in nut

Cut sweet potatoes in halves and arrange with sliced apples in a 12 x 7½" casserole. Pour sauce over all, so all are glazed. If you wish, cover and refrigerate overnight. Bake covered, in moderate oven (375°) 25-30 minutes or until sauce is bubbling. Makes 6 to 8 servings.

Kay Mermigas
Greek Ladies

SQUASH CASSEROLE

1 pkg. (8 oz) herb dressing mix
2 to 4 lb squash Cook, drain and season
1 carrot grated
2 Tbls. green pepper
(chopped)
1 stick margarine

1 onion chopped
1 can Cream of Chicken sou
1 (8 oz.) sour cream

Melt margarine, pour over dressing mix and set aside. Combin maining ingredients and half stuffing mix. Use rest for topping. Bake 375° for 25 minutes.

Nancy and Diane

SQUASH BOATS

Cut one large or 2 small zucchini lengthwise. Scoop out inside and set aside. Fry some onion and garlic until brown and add 1 lb. ground beef and the chopped zucchini center. Fry until tender. Drain and remove to large bowl. Add ½ cup cooked rice, 1 egg, some grated cheese and ½ cup bread crumbs to make a filling. Fill boats. Top with a little grated cheese and bread crumbs. Place in lasagna dish, cover with foil tightly, bake in oven 350° until zucchini skin is tender (about 1 hour).

Optional: Slices of American cheese may be placed across the top 5 minutes before removing from oven.

SQUASH CASSEROLE

2# squash	½ cup green pepper (chopped)
2 Tbsp. butter	1 can (16 oz) stewed tomatoes
½ cup onion (chopped)	1 to 2 tsp. sugar
1 clove garlic (minced)	Basil Bayleaf
2 Tbsp. flour	Salt and Pepper

Heat oven to 375°. Melt butter in skillet, add onion, garlic and pepper. Cook until tnder. Blend flour, add gradually stewed tomatoes. Mix well. Cook stirring constantly until thick. Remove from heat, add sugar, basil, bay leaft, salt and pepper. Cut squash in half, then in slices, peel skin and cut into small cubes. Put squash into 1½ qt. casserole and pour sauce over. Cover and bake 55 to 60 minutes or until tender.

SQUASH-RICE CASSEROLE

Squash, sliced
Onions, chopped
Garlic, mashed
Green pepper, diced
Celery, diced
Mushrooms, sliced.

Use amount of ingredients to your taste. Saute the above in butter or margarine. Cook rice, drain, add Red Devil or hot sauce. Mix with sauted vegetables. Serve hot.

Lani Luti

ZUCCHINI CASSEROLE

Cube one large zucchini and fry with one chopped onion. Drain and put in casserole. Beat one egg with one heaping tablespoon of Miracle Whip.

Shred four or more slices of American cheese and fold into egg mixture. Pour over zucchini. Cover and bake at 350° for 20 minutes.

ZUCCHINI CASSEROLE

3 cups zucchini
2 carrots (shredded)
1 small onion (grated)
1 cup Cream of Chicken soup (undiluted)
1/2 cup sour cream
1/2 pkg. Pepperidge Farm Stuffing
1/3 cup melted butter

Cut zucchini into cubes. Cook lightly and drain. Mix dressing with butter. Mix all ingredients with 1/2 dressing mixture. Put in casserole. Top with rest of dressing. Bake 25 minutes at 350°.

June Stieska

ZUCCHINI CASSEROLE

3 small zucchini - grated
3/4 cup grated cheese
1 cup Italian Bread Crumbs
3 beaten eggs
1 chopped onion
1/4 cup chopped parsley
1/2 cup oil
Salt & pepper to taste

Mix, pour in 13 x 9 x 2" baking dish and bake for 30 to 40 minutes.

Elizabeth DiBuono

ZUCCHINI GARDEN CASSEROLE

4 medium tomatoes
(peeled and sliced)
4 zucchini (1½# sliced)
2 Tbsp. salt
1½# lean ground beef
2/3 cup uncooked rice
2 tsp. chopped parsley
¼ cup green pepper
¼ cup chopped onion
¼ tsp. cinnamon, all spice
1 cup tomato juice
1 cup shredded longhorn cheese

Grease 9 x 13" baking dish, arrange half tomatoes on bottom, arrange half the zucchini over tomatoes and sprinkle with 1/2 tsp. salt. In a bowl combine the beef, rice, parsley, green pepper, onion, cinnamon, allspice, 1 T. salt and tomatoe juice, mix and place in casserole. Top with remaining zucchini and tomatoes. Sprinkle with 1/2 tsp. salt. Cover and bake at 375° for 1½ hours. Remove cover, sprinkle with cheese, Bake 15 minutes longer.

A good suze over this is plain yogurt, laced with cucumber, salt, pepper and mint.

Alberta Stima

CHICKEN SALAD CASSEROLE

14 to 16 slices bread
(crust cut off)
2 cups diced chicken (cooked)
½ cup chopped celery
½ cup chopped green pepper
½ cup chopped onion
½ cup mayonnaise

Mix chicken, vegetables and mayonnaise. Grease 3 qt. long casserole - line with bread. Cover bread with chicken salad. Top with bread slices. Beat 2 eggs and ½ cup milk. Pour over bread (slowly). Refrigerate overnight. Take out of refrigerator 1 hour before serving. Cover with 2 cans mushroom soup and bake at 375° for 45 minutes. Remove from oven and sprinkle 1 cup grated cheddar cheese over top and bake 15 minutes longer.

Louise Harris

CHICKEN RICE CASSEROLE

3 chicken breasts
½ cup butter
1 can Cream of Mushroom soup
1 can Cream of Chicken Soup
1 can Cream of Celery soup
1 cup rice (raw)
3 cups water

Split breasts in half, bone as much as possible. Brown chicken in butter and set aside. Combine soups and rice-add water. Place breasts in buttered casserole. Add remaining ingredients. Cover and bake for 1 hour at 350°. Uncover and place brown chicken breasts on top. Return to oven for 45 minutes longer.

Helen Guzensky

Page

Cloverleaf Rolls 14
Patica 15
Poppy Seed Crescents 15
Nut Rolls 16
Breakfast Waffles 16
Raised Doughnuts 17
Delicious Coffee Cake 17
Isabelles Buns 17
Potato Donuts 18
Sandwich or Picnic Buns 18
Cheese Cake 18
Fried Egg-Crullers 19
Favorite Coffee Cake 19
Easter Bread or Paska 19
Graham Cracker Pie 20
Fried Pies 20
Mile High Strawberry Pie 21
Glazed Fresh Strawberry Pie . . 21
Fresh Peach Pie 22

CAKES AND COOKIES

Golden Cream Chocolate Cake . . 23
Pineapple Sheet Cake 23
Delicious Chocolate Nut Fudge Cake 24
Yellow Layer Cake 24
Carrot Cake 25
Applesauce Cake 25
Pound Cake 25
Trio Layer Cake 26
Whipped Cream Icing 26
Glossy Chocolate Frosting 26
Cherry Coconut Cookies 27
Biscotti 27
Pezells 27
Waffles on Gas Iron 28
Seafoam Nut Squares 28
Pumpkin Nut Cookies 28
Chocolate Dream Cup Cakes . . . 29
Chocolate Macaroons 29
Chocolate Gobs 29
Cold Dough Cookies 30
Little Horns 30

CHICKEN DELICIOUS

4 chicken breasts - cooked and cut into medium size pieces
2 cans Water chestnuts sliced thin
2 cans Cream of Mushroom soup) Mix
1 cup mayonnaise)
1½ cups finely diced celery parboil till tender
1 pkg. Pepperidge Farm Corn bread stuffing mix

Mix all ingredients, except stuffing. Place in lightly greased casserole. Mix 1 stick margarine (melted) with stuffing. Spread on top and bake at 350° for 45 minutes. Serves 8.

LUAU CHICKEN
(Top of Stove Casserole)

½ cup diced luncheon meat
1 cup sliced celery
2 Tblsp. butter or margarine
1 can (19 oz.) Campbell's Chunky Chicken with Rice Soup
2 Tblsp. sliced green onions
1 Tblsp. soy sauce
1 Tblsp. cornstarch
2 Tblsp. water
Chinese noodles

In saucepan brown luncheon meat and cook celery in butter until tender. Add soup, onion and soysauce. Blend cornstarch and water until smooth, add to soup mixture. Cook, stirring until thickened. Serve over noodles with additional soy sauce.

Makes about 3 cups.

Anita Karlosky

CHINESE CHICKEN CASSEROLE

½ tsp. Chicken seasoned stock base
1 can Cream of Mushroom soup
1 cup chopped cooked chicken
2 Tblsp. Shredded green onions

1/3 cup hot water
½ cup Whole Cashew nuts
1 #2 can Chow Mein noodles

Dissole seasoned stock base in water. Combine with soup, chicken, onions, nuts and half of the noodles. Put in buttered 1½ qt. casserole; top with remaining noodles. Bake in 375° oven 30 minutes. Serves 4.

Lani Luti

CHICKEN WITH RED WINE
(Coq au Vin)

2 T. butter
2 T. oil
Serving pieces of chicken
  for 6 persons
12 small onions, peeled
½ lb. mushrooms, quartered
2 T. flour
Salt and pepper

1½ cup Red Wine (Dry)
¼ cup Soy sauce
1 clove garlic, pressed
½ tsp. ginger
1 bay leaf
½ tsp. thyme
¼ tsp. ground allspice

In casserole, heat butter and oil. Brown chicken, remove; then add onions, brown lightly, remove. Add mushrooms, stir to coat and remove. To remaining fat, add flour, salt and pepper; over gentle heat cook, stirring for about 5 minutes. Combine wine, soy sauce, garlic, ginger, bayleaf, thyme and allspice. Add gradually to flour mixture. Cook, stirring until sauce thickens. Replace chicken, onions and mushrooms. Bake covered at 350° for 1 hour or until chicken is tender. Serves 6.

Kay Mermigas
Greek Ladies

BALONEY CASSEROLE

1½ cup cubed raw potatoes
1½ cup cubed baloney
2 Tbls. chopped green pepper
1 can Cream of Celery soup
2 slices favorite cheese (quartered)

Mix all ingredients except cheese, in the baking dish. Bake covered about 1 hour. Remove cover and place cheese on top. Broil untilcheese is bubbly. Bake at 350°.

Marge Stupakis
Greek Ladies

BEEF AND BEAN CASSEROLE

2# ground beef
¼ cup vegetable oil
2 onions, sliced
1 clove garlic, crushed
½ tsp. nutmeg
1 Tbsp. salt
½ tsp. pepper
1 can (1 lb.) Tomatoes
1 can (6 oz.) tomato paste
1 can (1lb. 12 oz.) oven baked beans, drained
3 cups cooked macaroni
¼ cup milk
2 eggs
½ cup grated Parmesan cheese

Brown beef in oil. Add onions and garlic. Cook, stirring until onions are tender. Add seasonings, tomatoes, tomato paste and beans. Cover, Simmer 30 minutes. Place in large casserole. Make a well in center of beef mixture and fill with drained macaroni. Mix milk, eggs and cheese; pour over macaroni. Bake at 375° for 15 minutes. Makes 6 servings.

Helen Tweardy

BEEF AND MUSHROOM QUICHE

1 unbaked 9" pie shell
½ lb. ground beef
1 can Cream Mushroom soup
½ cup milk
2 eggs, lightly beaten
2 Tbsp. chopped chives
¼ tsp. salt
Pinch pepper
Dash tabasco
1 can mushroom pieces, drained
3/4 cup shredded Swiss cheese

Preheat oven to 450°. Prick bottom and sides of pie shell with fork. Bake 12-15 min. Remove from oven. Reduce oven temp. to 350°. Brown ground beef. In medium bowl, mix mushroom soup, milk, eggs, spices and tabasco. Add ground beef, mushrooms and cheese. Pour into partially baked pie shell. Cover edges of pie shell with foil. Bake for 60 min. or until knife in center comes out clean. Serves 6.

Helen Panzo

BEEF POTATOE CASSEROLE

1½ lb. ground beef
3 potatoes sliced
2 onions sliced
1½ cup cooked macaroni or noodles
1 qt. tomatoe sauce

In deep casserole dish place sliced potatoes, half the onions. Add meat which has been seasoned to taste. In layers again, add the rest of onion slices, then the pre-cooked macaroni. Then pour the tomatoe sauce over the casserole. Bake 350° for 60 to 90 minutes.

BEEF RICE CASSEROLE

1½ lb. ground beef
2 tsp. salt
¼ tsp. pepper
2 tbsp. parsley - minced
1 med. onion, minced
1 green pepper, minced
2 tbsp. butter
1 can condensed tomato soup
1½ cups cooked rice

Combine meat with seasonings and parsley. Saute minced onion, pepper in butter. Add meat and stir until brown. Add soup and stir well. Place cooked rice in buttered casserole and pour over this the meat-tomato mixture. Bake 375° about ½ hour. Garnish with parsley or grated cheese.

BUSY DAY CASSEROLE

1 lb. ground beef
½ cup chopped green pepper
3 tbsp. oil
½ cup chopped onion
½ cup rice
2 cups tomatoes (303 can)
1 tsp. chili powder
1 tsp. Season-all
2 tsp. salt
¼ tsp. pepper
1/8 tsp. ground thyme

Cook ground beef and green pepper in oil until beef has lost is pink color and is crumbly. Add remaining ingredients, mixing well. Pour into greased 2 qt. casserole; Cover and bake in 350° oven 45 minutes. Serves 4 to 5.

CHILI CON CARNE

1 lb. ground beef
2 tbsp. shortening
1 tsp. salt
3 tbsp. chili powder
½ cup chopped onions
1 can (8 oz.) tomato sauce
1 #2 can red kidney beans
2 tbsp. vinegar
Dash garlic powder
Dash MSG

Crumble beef; brown in hot shortening. Add remaining ingredients; mix well. Cover. Simmer 45 minutes, stirring occasionally. Serves 4 to 6. Cook 1 cup of rice until tender. Drain. Spoon chili over hot rice.

COLORADO CASSEROLE

¼ cup melted butter
6 or 8 slices white bread diced
½ lb. sharp cheddar cheese grated
1 cup diced ham
2 cups milk
3 eggs - beaten

Pour butter over cheese, ham, bread. Beat milk and eggs together. Pour over the first mixture. Mix well. Refrigerate overnight or 12 hours. Place in greased casserole. Bake 350° for 1 hour. You can also use turkey and swiss cheese together in place of ham and cheddar cheese.

Mary Dzatko

HAMBURGER CASSEROLE

1 lb. hamburger and onion
1 can green beans (drained)
1 can tomatoe soup

Brown hamburger and onion. Add drained beans and tomato soup. Simmer while potatoes cook. Mash potatoes and add 1 egg and milk and ¼ cup grated cheese and beat. Put meat mixture in casserole and put mashed potatoes on top of meat. Add grated cheese and bake at 350° for ½ hour.

Mrs. George Lee

HAM RING

2 lb. ground cooked ham
1 pkg. soda cracker
1 small onion
2 eggs (slightly beaten)

Mix above mixture and put in ungreased ring mold. Bake 350° for 45 minutes. (May fill center with cooked peas, after ring is baked.

Rose Janus

LAYER HAMBURGER BAKE

1 lb. ground meat
1 tsp. sugar and salt
½ cup sour cream
2 T. chopped onion
12 oz. noodles

15 oz. tomato sauce
8 oz. cream cheese
3 T. milk
1 pkg. frozen spinach (drained)

Cook noodles as directed. Brown ground meat and drain. Combine other ingredients. Put half of noodles and meat in greased casserole. Pour on half of sauce and cheese mixture. Finish noodles and meat. Top with sauce. Sprinkle with cheese. Bake 30 minutes at 350°. Top with parmesan cheese the last 10 minutes.

Peggy Winfield

MACARONI AND HAM CASSEROLE

2 cups cooked ham
  Cut in bite size pieces
1 can Cream of Mushroom soup
2 Tbsp. minced onion

2/3 cup water
1 cup grated American cheese
1 tsp. salt

Cook macaroni in 2 qts. boiling water with 1 tsp. salt for 10 minutes. Drain, pour cold water over and drain again. Mix macaroni, ham, soup, water and onion together. Place in greased casserole. Sprinkle grated cheese over top. Bake at 375° for 30 minutes. Serves 6.

Ruby McCraw

PORK AND NOODLE BAKE

1 cup cubed cooked pork
1 Tbls margerine
1/2 cup uncooked fine noodles
1 can Cream of Chicken soup
¼ cup chopped green pepper
1 can Whole Kernel Corn (undrained)
1/2 cup shredded sharp cheese
1 Tbls chopped pimento (optional)

Brown meat in melted margerine until brown. When the meat is browned, pour off the excess fat and mix in all the other ingredients. Pour into a 1 qt. casserole and bake 45 minutes stirring a few times (375°)

Marge Stupakis
Greek Ladies

PORK & MUSHROOM CASSEROLE

1½# pork tenderloin
2 Tbls. flour
½ tsp. salt
¼ tsp. pepper
4 slices bacon
1 onion, chopped
2 cups mushrooms
1 cup water
½ cup sour cream
Parsley

Mix flour, salt and pepper and dredge meat. Cook chopped bacon till crisp; remove and reserve. Cook mushrooms and onion in fat until tender. Take from fat and mix with bacon. Brown meat in fat, then place in 2 qt. casserole, top with layer of bacon, onion and mushroom mixture - repeat layers. Mix sour cream and water and pour on top. Bake at 350° 55 minutes, garnish with parsley before serving.

Gelen Guzensky

SCALLOPED HAM AND POTATOES

6 potatoes
1# raw smoked ham
3 cups milk (or more)
1 green pepper (optiona
Flour

Cover the bottom of an oiled baking dish with sliced raw potatoes. Sprinkle with flour and add inch square piec of ham. Repeat till dish is full. Pour in as much milk a dish will hold. Bake 350 - 400° about 1 to 1½ hours.

[illegible]

LIMA SAUSAGE CASSEROLE

1# bulk prk sausage
¼ cup minced onion
1 clove garlic (mashed)
¼ tsp. thyme leaves
¼ tsp. Rosemary leaves

1 can (8 oz.) tomato sauce
2 #303 cans Lima beans
¼ cup butter or oleo
1 cup dry bread crumbs
1 tbsp. Parsley flakes

Crumble sausage, brown with onions, garlic. Add rosemary leaves, thyme leaves and tomato sauce. Simmer 15 minutes. Drain limas; add to sausage. Mix well. Transfer to 1½ qt. casserole. Melt butter, stir into bread crumbs and parsley flakes. Spoon over casserole. Bake 350° oven for 1 hour or until crumbs are golden. Serves 4 to 6.

MEXICAN WHOLE DINNER DISH

½ lb. ground round steak
Shortening
4 med. potatoes, sliced thin
1 medium onion - chopped

½ green pepper- sliced
½ large bottle ketchup plus
1 cup water
Salt and pepper to taste

Brown meat in shortening. Place 1/3 potatoes in greased casserole. Layer half of the onions, all of the meat, green papper and remaining onions and potatoes. Season to taste. Pack down. Pour diluted ketchup over all. Bake at 425° for 30 minutes. Reduce heat. Bake for 1 hr. 30 min. Add small amount of water if needed.

Helen Panzo

PRAIRIE HOT DISH

1 lb. ground meat
1 cup chopped onion
2 T. shortening
1 tsp. salt
¼ tsp. pepper

1 can Cream style corn
1 can tomato soup
1/3 cup water
1/2 cup shredded cheddar che
1 can Chow Mein noodles

Brown meat and onion. Mix in all other ingredients, excep noodles. Turn into 2 qt. casserole. Top with noodles

SAUSAGE AND SPINACH PIE

1# sweet Italian sausage links (chopped)
6 eggs
2 pkgs. chopped spinach thawed and drained
1 pkg. (10 oz.) Mozzarella cheese - shredded
2/3 cup Ricotta cheese
1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. garlic powder
Piecrust for 2 crusts
1 T. water

Cook sausage until well browned - 10 minutes. Drain. Reserve 1 egg yolk. Combine remaining with sausage, spinach, cheese, salt and pepper and garlic powder. Set aside. Prepare pastry as label directions. Use 8 or 9" pan. Spoon sausage mixture onto bottom crust. Put top pastry on, flute and cut slits. Combine egg yolk with water and brush top. Bake 375° for 1 hour 15 min. or until golden. Let stand 10 min. before cutting.

Jay Bonfiglio

LAMB WITH MACARONI
(Arni Guvetsi)

2 lbs. lamb, cut in pieces
1 lb. Rose Marina (or any other small type macaroni
1/4 cup butter
2 small onions, minced
Salt & Pepper to taste
3 Tbsp. tomato paste diluted in 1 cup water

Brown meat in butter, together with minced onions. Add diluted tomato paste, salt, pepper and enough water to cover meat. Bring to a boil. Place in a 1½ to 2 qt. casserole. Cover and bake in 350° oven for about 2 hrs. until meat is just about done. Add a little hot water if necessary. Meanwhile, boil macaroni in salted water till about half done. Drain, add to casserole when meat is about done. Bake about 20 to 30 minutes longer until macaroni is done. Again, add a little hot water if necessary. When served sprikle with grated cheese, if desired. Makes 4 to 6 servings.

Viola Spirakis
Greek Ladies

LAMB AND RICE CASSEROLE

2# shoulder of lamb
3 tbsp . butter
1 chopped onion
2½ cups water
3/4 cup chopped celery
2 carrots, diced
1 tbsp. chopped parsely
1/2 cup chopped mushrooms
1 cup rice
Salt & pepper

Trim meat, remove gristle and fat, cut into 1/2" cubes. Sprinkle with salt and pepper and brown in butter. Add onion and cook for 10 minutes, stirring. Add water, celery, carrots, parsley, mushrooms, cover and simmer for 30 minutes. Add rice, mix well. Place in casserole, sprinkle with salt and pepper. Cover tightly and bake 325° for 50 minutes.

Helen Guzensky

HAMBURGER NOODLE CASSEROLE

1# ground beef
2 tbsp. butter
1 close garlic
1 tsp. salt
1 tsp. sugar
2 cans (8 oz.) tomatoe sauce

1 pkg (8 oz.) wide noodles
1 small pkg. soften cream ch
1 cup sour cream
1 cup creamed cottage cheese
6 green onions
½ cup grated cheddar cheese

Melt butter in skillet, add beef and saute until brown. Add salt, garlic, pepper, sugar and tomatoe sause. Blend well, cover and cook 15 minutes. Cook noodles as package states. Blend in mixer sour cream, cottage cheese and cream cheese until smooth. Add green onions. Grease 2 qt. casserole well. Place a layer of noodles in bottom Spread with 1/3 of cheese then meat. Repeat twice; sprinkle with cheddar cheese. Bake at 350° for 30 to 40 minutes.

PEPPER STEAK AND NOODLES

1½ lb. beef steak cut in 3/4 x 3" strips, dip in flour and brown in a skillet. Season with salt and pepper, 1 Tlbs. Worcestershire sauce, 1 Tbls. sugar. Cover with water and simmer about 1/2 hour. Add 2 large peppers cut in thin strips, 2 onions thinly sliced and 1 med. size can of whole tomatoes. Simmer until tender. Serve with broad noodles, buttered.

Margaret Cirmer

PEPPERED VEAL PAILLARD

1¼ lb. veal fillet
Black peppercorns

Salt
Butter

Pound veal thin. Preheat broiler. Grind peppercorns generously over meat. Place under broiler 6" from heat. Broil 3 minutes. Turn, sprinkle with salt. Cook 2 min. When done to your taste brush with butter. Serve hot with sauted mushrooms.

CRAB PUFF AUX CHAMPIGNONS

½ cup sliced mushrooms
½ cup minced onion
(green with tops)
¼ cup minced celery
1 pkg. (6 oz.) Chicken
Stuffying mix with rice

¼ cup butter
¼ lb. diced Swiss cheese
4 eggs
1½ cups milk
2 pkgs. (6 oz.) Wakefield
frozen crab meat

Saute mushrooms, celery and green onions in butter in small skillet about 2 or 3 minutes. Combine in 1½ qt. casserole, with stuffing crumbs, wild rice and seasoning packet and diced cheese. Toss to mix well. In bowl beat eggs with seasoned salt to blend Add milk and liquid from crab. Mix thoroughly. Arrange crab over stuffing and cheese mixture. Pour egg and milk mixture carefully over all. Let stand 10 minutes. Bake at 350° for 1 hour until slightly puffed and set in the center. Makes 8 to 10 servings.

LOBSTER FLORENTINE CASSEROLE

2 Tblsp. butter, melted
2 pkgs. frozen chopped spinach
(thawed and drained)
1 can Cream of Mushroom soup
2 Tblsp. Sherry
1½ cup shredded Swiss Cheese
1 pkg (10 or 12 oz.) frozen
Langostinos
1 can (6 oz.) Water Chestnuts, sliced
3 Tblsp. Parmesan Cheese

White Sauce:
2½ T Butter
2 T. flour
10 oz. milk
Salt to taste

Cook spinach in butter until liquid is evaporated. Stir in soup (undiluted) Combine white sauce, Swiss cheese and sherry. Cook until cheese melts and add langostinos and water chestnuts. In a casserole, make a layer of half spinach mixture, top with half langostinos mixture. Repeat layers. Sprinkle with Parmesan cheese. Bake uncovered at 325° for one hour. Serves 6.

TUNA NOODLE CASSEROLE

1 medium onion, chopped
1 Tbl. butter or oleo
1 can Cr. of Mushroom soup
½ cup milk

1 can Tuna, drained and flaked
1 cup cooked noodles
½ cup drained cooked peas
½ cup shredded cheese
(If you don't like chees
use crumbs)

Cook onion in butter until brown. Combine with soup, milk, tuna, noodles and peas. Pour into 1 qt. casserole. Top with cheese. Bake 375° for 25 minutes.

Miriam C. Scales

TUNA CASSEROLE

1 can (3 oz.) ChowMein noodles
1 can Cr. of Mushroom soup
¼ cup water
1 can tuna

1 cup celery, diced
¼ cup onion, grated
¼ lb. cashew nuts or almond
Salt and pepper to taste

Set aside ¼ cup noodles. Combine rest of noodles with other ingredients in 1½ qt. casserole; add salt and pepper. Sprinkle ¼ cup noodles on top. Bake at 325° for 30-40 minutes.

SALMON CASSEROLE

Brown onions in butter. Mix together with:

2 eggs
1 can salmon
1 can Cream Mushroom soup

½ cup sharp cheddar cheese
1½ or 1 cup cooked rice

Top with 1/2 cup bread crumbs. Bake at 350° for 30 minutes.

Helen Panzo

POTATO KUGEL (Pudding)

5 large potatoes
1 med. onion
2 tsp. salt
Pepper

¼ cup Matzo meal or cracker crumbs
3 eggs
2 Tbls. Oil

Grate potatoes and onion. Add eggs, Matzo meal, oil, salt and pepper. Mix well. Pour mixture into greased 3 qt. baking dish. Bake at 350° for 1 hour or until brown.

Elaine Cramer

NOODLE KUGEL (Pudding)

1 lb. broad noodles (cook in salt water)
1 large can crushed pineapple (or sliced peaches)
¼ lb. butter (or oleo)
1 pint sour cream (Sokreem or King Sour)
1 pint Cottage cheese - creamed
4 eggs
1 tsp. vanilla
1 tsp. salt
1 cup sugar

Mix all ingredients together. Bake at 350° in greased pan (10 x 13") for 1½ hours. May sprinkle crushed corn flake crumbs over top before baking. May cut receipe in half if too large. Freezes well, either before or after baking.

Rosalie Krasik

SHRIMP DIP

2 large Cream Cheese (8 oz.)
1 can shrimp (drained (Frozen shrimp may also be used)
½ bottle catsup (10-12 oz.)
Dash tabasco

1 Tbls. Worcestershire sauce
1 medium onion (chopped fine
Dash salt

Mix together Delicious with celery, carrots,

"PLAINS SPECIAL" CHEESE RING

1 lb. grated sharp cheese
1 cup finely chopped nuts
1 cup mayonnaise
1 small onion, finely grated
Black pepper
Dash cayenne
Strawberry preserves
(optional)

Combine all ingredients except preserves, season to taste with pepper. Mix well and place in a 5 or 6 cup lightly greased ring mold. Refrigerate until firm for several hours or overnight.

To serve, unmold, and if desired, fill center with strawberry preserves, or serve plain with crackers.

With best wishes, Rosalynn Carter

CHEESE STRATA

12 slices white bread
3/4 lb. American cheese, sliced
1 pkg. (10 oz.) chopped frozen broccoli, cooked and drained
2 cups finely diced cooked ham
6 slightly beaten eggs
3½ cups milk
2 Tbls. minced onion
½ tsp. salt
¼ tsp. dry mustard

Cut 12 doughnuts from bread and set aside. Fix scraps of bread in bottom of 13 x 9 x 12" baking dish. Place cheese in layer over bread, add layer of broccoli, then ham. Arrange doughnuts of bread on top. Combine remaining ingredients and pour over bread (doughnuts) and all. Cover and refrigerate overnight. Bake uncovered 1 hour 15 minutes or until set.

APRICOT SALAD

1 can crushed pineapple (1# 4 oz.)
1 large or 2 small apricot jello
¼ cup sugar
1 8 oz. pkg. cream cheese
1 can evaporated milk
1 cup nuts

Cook pineapple, jello and sugar until bubbly, cool. Add cream cheese, stir until melted. Chill evaporated milk and beat to whipped cream stage. Fold into jello and cheese mixture. Add nuts chopped fine or 1 cup chopped celery. Put into 9 x 13 x 2" pan and chill until firm.

Millie Urbanik

APRICOT JELLO SALAD

1 6 oz. box apricot jello
1 large pkg. Cream Cheese
1 can crushed pineapple
1½ cups water
1 cup nuts
1 cup chopped celery
1 pkg. Dream Whip

Mix cream cheese and jello, add pineapple, 1½ cup water. Bring to boil to dissolve jello, cool, put in pan. Let set until soft, add nuts and celery. Make Dream Whip according to package directions. Fold into jello mixture, let set.

Mrs. George Lee

APRICOT JELLO SALAD

4 pkgs. apricot jello (small)
4 cups hot water
3½ cups cold water
1 large can apricots (drained and cut)
1 med. can crushed pineapple

Prepare jello with hot and cold water - take out 1 cup jello to jell. Add apricots and pineapple to jello and jell. Add 1 cup jelled jello to 1 pkg. whipped Dream Whip for topping. Sprinkle with nuts and cherries.

APRICOT SALAD

2pkgs. Apricot Jello
1 pkg. Orange Jello
5 cups boiling water
1 cup pineapple juice
1 can crushed pineapple
Mandarin oranges or 2 fresh
oranges cut up
1/2 cup celery
1 grated carrot
Nuts optional

Dissolve jello with 5 cups boiling water. Add pineapple juice. Place in refrigerator to set. Add oranges, pineapple, celery, carrots and nuts. Cover with 1 pkg. Dream Whip to which small pkg. of Philadelphia Cream cheese has been added. Whip until it stands in peaks

Anita Karlosky

CHERRY NUT SALAD

Bring one #2 size can sour red cherries, including juice, to a boil. Remove from heat, add a 3 oz. pkg. cherry gelatin, 1 cup sugar and stir until dissolved. Add a small can of crushed pineapple, including juice, and 1/2 cup chopped nuts. Pour into mold & chill. (Serves 8)

Helen Guzensky

CHERRY MARSHMALLOW SALAD

2 boxes cherry jello (3 oz)
2 cups boiling water
2 cups cherry juice & water
1 cup miniature marshmallows
1 can pitted bing cherries
1 cup chopped nuts

Mix jello with boiling water until dissolved, add remaining liquid. Refrigerate until partially jelled. Add drained cherries, marshmallows and nuts. Set in refreigerator until completely jelled. Place in 9 x 12 dish or in any shaped mold. A nice gelatin dessert for Valentines Day placed in heart shaped mold or for Christmas in bell or tree shaped mold.

Alberta Stima

CHERRY SALAD SUPREME

1 3 oz. pkg. raspberry gelatin
1 21 oz. can cherry pie filling
1 3 oz. pkg. lemon gelatin
1 3 oz. pkg. cream cheese
1/3 cup mayonnaise
1 8-3/4 oz. can crushed pineapple

Dissolve raspberry gelatin in 1 cup boiling water, stir in pie filling. Turn into 9 x 9 x 2" baking dish; chill till partially set. Dissolve lemon gelatin in 1 cup boiling water. Beat together cream cheese and mayonnaise. Gradually add lemon gelatin. Stir in undrained pineapple. Whip 1/2 cup whipping cream. Fold into lemon mixture with 1 cup tiny marshmallows. Spread on top cherry layer; top with 2 Tbls. chopped nuts. Chill till set. Makes 12 servings. (May omit marshmallows and nuts.)

BANANA 7 UP SALAD

2 pkgs. lemon jello
2 cups boiling water
2 cups 7 UP
2 cups marshmallows(miniature)
1 large can crushed pineapple (drained)
2 large bananas

Add water to jello, let cool until shaky. Fold in pineapple, bananas and marshmallows. Let set.

Topping:

1/2 cup sugar
1 cup pineapple juice
2 Tbls. butter
1 egg slightly beaten

Cook above until thick. Let cool. Fold in 3 oz. pkg. Philadelphia cream cheese. Spread over jello. Prepare 1 pkg. Dream Whip-spread over salad.

CRANBERRY SALAD

2 pkgs. cherry jello
1 can whole cranberry sause

1 can crushed pineapple (drained)
1 cup chopped walnuts

Prepare jello according to directions. Stir cranberry sau into jello until completely dissolved. Refrigerate until slightly thickened. Add pineapple and nuts. Refrigerate until set.

CRANBERRY CRUNCH SALAD

1 pkg. (6 oz.) Cherry Jello
2 cups boiling water
1 cup cold water
2 T. Lemon Juice

1 can whole cranberry sauce
1 cup diced celery
1/2 cup chopped nuts

Dissolve jello in boiling water; add cold water and lemon juice. Chill until slightly thickened. Stir in cranberry sauce, celery and nuts. Pour into 2 qt. mold; chill until firm.

CRANBERRY CREAM SALAD

1 - 3 oz. pkg. cherry jello
3 Tbls. sugar
1 - 8 oz. whole cranberry sauce

1/3 cup chopped celery
1/3 cup chopped nuts
1 cup sour cream
Salad Greens

Dissolve jello and sugar in 1 cup boiling water. Add cranberry sauce. Chill until thickened, but not firm. Add remaining ingredients, except the greens. Pour in 8 x 8" pan. Chill until firm. Cut into squares and serve on greens.

Mary Dzatko

CRANBERRY-APPLE SALAD

2 cans whole cranberry sauce
2 cups boiling water
2 pkgs. (3 oz.) strawberry gelatin
2 Tbls. lemon juice
½ tsp. salt
1 cup Hellmann's mayonnaise
2 cups diced apple
½ cup chopped walnuts

Melt cranberry sauce over medium heat. Drain, reserving liquid and berries. Mix together cranberry liquid, boiling water and gelatin; stir until gelatin is dissolved. Add lemon juice and salt. Chill until mixture mounds slightly on a spoon. Add mayonnaise, heat until smooth. Fold in cranberries, apple and nuts. Pour into 2 quart mold. Chill overnight. Makes 10-12 servings. You can add ½ cup chopped celery if desired.

Bertha Pender

CARROT SALAD

1 pkg. (3 oz.) orange jello
1-3/4 cup hot water
1 pkg. (3 oz.) Philadelphia Cream Cheese
1 pkg. Dream Whip (whipped)
½ cup grated carrots
1 small can crushed pineapple (drained)

Dissolve jello and cream cheese in hot water. Let set until it begins to thicken. Add Dream Whip, carrots and pineapple. Pour into mold.

CHEESE-MALLOW JELLO

1 pkg. (6 oz.) Mixed Fruit jello
1 #2 can Fruit Cocktail
1 pkg. (8 oz.) Cream Cheese
2 cups miniature marshmallows
1 cup chopped nuts
1 small container Cool Whip
1 can evaporated milk (frozen)
Coconut and maraschino cherries

Combine can of fruit, including juice, with jello. Heat until jello dissolves. Cool. Beat cream cheese to soften, then add frozen milk. Beat thoroughly. Fold jello mixture into cream cheese. Pour into 9" x 13" pan and refrigerate until set. Spread top with Cool Whip; garnish with coconut and cherries.

Note: Use whatever jello-fruit combination you choose. Be sure the can size is the same.

Hint: Pour evaporated milk into small bowl - then freeze.

Marian Mermigas
Greek Ladies

FROZEN LEMON SALAD

2 ctns. Lemon Yogurt 1 cup sugar

Stir until the sugar dissolves. Add:

2 diced bananas (firm
½ cup maraschino cherries
1 - 8 oz. can pineapple tidbits (drained)
½ cup chopped nuts.

Mix well, use 8" x 8" pan. Cover with foil. Freeze.

FIG, ORANGE AND BANANA MOLD

1 pkg. (6 oz.) Lemon or Orange Jello
2 cups boiling water
1¼ cup cold water
1 Tbls. lemon juice
½ cup dried figs
1 cup Manderin oranges
1 sliced banana
¼ cup chopped nuts (Optional)

Drain canned oranges, set aside, then cover figs with boiling water; let stand 10 minutes. Drain, remove stems and cut into fine strips. Dissolve jello in boiling water, add cold water and lemon juice. Chill until slightly thickened. Add drained oranges, figs, banana and nuts. Pour into mold or pan. Chill until firm. Unmold. If you use pan, slice and serve. Makes about 8 servings.

Kay Mermigas
Greek Ladies

FRUIT COCKTAIL JELLO SALAD

1 can #2½ Fruit Cocktail
1 pkg. (6 oz.) Strawberry Jello
1 large size Cool Whip
1 pkg. (8 oz.) Cream Cheese (softened)

Cook fruit cocktail and jello until it comes to a boil. (Do not add water, use only the juice from the fruit cocktail) Jell until thick or overnight. Beat together the Cool Whip and softened cream cheese. Then add the jelled mixture. Beat well on high speed. Use 9" x 9" or 9" x 11" pan.

Mary Dzatko

EMERALD SALAD

1 pkg. (3 oz.) lime jello
1 pkg. (3 oz.) lemon jello
2 cups hot water or fruit liquid
1 small can crushed pineapple
1 cup heavy cream, whipped
1 cup mayonnaise
1 cup chopped nuts
1 cup Farmer's style cottage cheese

Drain liquid from pineapple, add enough water to make two cups. Dissolve jello in hot liquid. Let set in large bowl until syrupy. Then whip. Fold in remaining ingredients. Pour into a large ring mold or etc. and let set over night. For more color add a few drops of green food coloring to jello liquid if desired. Makes 12 to 15 servings.

Betty Aldridge

GARDEN SALAD DELIGHT

1 pkg. (6 oz.) Orange jello
2 cups boiling water
Juice from #2 can pineapple chunks
1 cup mandarin oranges
1 cup nuts
1 pkg. Cool Whip

Dissolve jello in water and add juice. Cool. Beat jello until foamy. Add drained pineapple, oranges, nuts and cool whip. Pour in pan or mold.

GEORGIA PEACH SALAD

2¼ cups orange juice
2 pkgs. (3 oz) orange gelatin
6 Tbls. sugar
1 tsp. lemon rind
2 cups buttermilk
1 cup coarsely chopped fresh peaches
1 cup canned blueberries
Salad greens
1 cup sour cream

Heat 2 cups orange juice to simmering. Remove from heat. Add orange gelatin. Stir until dissolved. Mix in sugar and lemon rind. Chill until gelatin mixture mounds when spooned. Gradually add buttermilk, beating constantly with rotary beater until blended. Fold in peaches and blueberries. Pour into a 6 cup mold. Chill until set. Unmold on salad greens. Blend sour cream and remaining orange juice together. Gently serve over salad. Serves 8.

Betty Aldridge

HEAVENLY DELIGHT SALAD

1 pkg. (3 oz.) Lemon jello
1 pkg. (3 oz.) Lime jello
2 cups hot water
1 cup cold water
1 small can crushed pineapple
1 can Eagle Brand milk
1/2 cup mayonnaise
1/2 cup pecans
1/2 pint cottage cheese.

Mix all together and refrigerate.

Betty Aldridge

LEMON-LIME JELLO SALAD

2 pkgs. (3 oz) lemon jello
1 pkg. (3 oz) lime jello
3 cups hot water
1 cup sour cream
1 can (20 oz.) crushed pineapple
1 cup Kraft mayonnaise
1 pkg. miniature marshmallows

When jello is partly set beat jello. Add 1 cup sour cream, Kraft mayonnaise, beat ; add pineapple and marshmallows.

Velma Kerns

GREEN FLUFF SALAD

1 large box lime jello
1 medium can crushed pineapple
1 large pkg. cream cheese
1 - 9 oz. dessert whip topping
1 cup chopped nuts (fine)
1 cup miniature marshmallows

Mix jello in large pan with 1 cup hot water. Add pineapple, plus juice and bring to boil. Turn burner on simmer or low heat. Add cream cheese, broken in pieces. Mix. Add marshmallows. Stir until all is melted. Cool. When slightly thickened add whip topping and nuts. Pour in a 9 x 13 dish. Chill for several hours.

LIME SALAD

Mix 2 pkgs. (3 oz.) lime jello with 2 cups hot water. Let stand 5 to 10 minutes. Mix in 1/2 pt. sour cream and beat till smooth. Add broken walnut meats, small jar of whole red maraschino cherries and small can drained pineapple chunks. Stir. Put into fancy mold and refrigerator till jelled.

Kay Stupakis
Greek Ladies

LIME JELLO SALAD

1 box Lime jello)
1 cup hot water) Mix and let cool

1- 3 oz. pkg. cream cheese (room temperature) pinch salt (work with fork) work jello through cheese and beat with mixer. Let thicken in refrigerator till livered. Add 2/3 cup crushed pineapple (drained) 1 cup celery, 1 cup nuts. Whip envelope Dream Whip and fold in. Let set over night.

LIME SALAD

2 pkgs. (3 oz.) Lime Jello
1 cup hot water
1 cup pineapple juice
1 pkg. Dream Whip
1 large Cream Cheese
1/2 cup sugar
1 can pineapple tidbits
1 can dark cherries
1/2 cup walnuts

Prepare jello with hot water and pineapple juice. Cool and jell until thick. Whip Dream Whip - set aside. Whip cream cheese and sugar. Add thickened jello and Dream Whip to cream cheese and sugar - Whip Well! Fold in pineapple, cherries and nuts. Put in oiled mold. Let set in refrigerator.

LIGHT AND LIVELY SALAD

1 can Eagle Brand milk
1 large carton Cool Whip.
1 can cherry pie filling
1 cup coconut
1 cup crushed pineapple
1 cup marshmallows
1/2 cup pecans
1/2 cup maraschino cherries

Chill the first six ingredients for 2 hours then garnish with pecans and cherries.

LIME MIST

Combine 2 - 3 oz. packages lime gelatin and 2 cups applesauce in saucepan. Heat over low heat until gelatin dissolves; cool. Stir in 1 cup chopped celery, 1/2 cup chopped nuts, 1/4 cup well drained maraschino cherries and 2 cups lemon lime carbonated beverage. Chill until syrupy. Chill 1 cup undiluted Carnation Evaporated Milk in refrigerator tray until soft ice crystals form around edges of tray. Whip until stiff. Add 2 tbsp. lemon juice and whip very stiff. Fold into gelatin mixture. Add few drops green food color. Spoon into 2 qt. mold. Chill until firm. Serves 8 to 10.

Glenda R. Surovchak

ORANGE FROST

1 pkg. (3 oz.) orange jello
1 cup boiling water
1 pint orange sherbet
1 cup whipped cream or prepared Dream Whip
1/8 tsp. ground ginger (optional)

Dissolve jello in boiling water. Add the sherbet by spoonfuls stirring until melted. Then beat until frothy. Spoon into sherbet glasses or a 1 quart mold. Chill till firm. Garnish with whipped cream to which ginger has been added. Makes about 3 cups or 4 to 6 servings.

Lani Luti

ORANGE SALAD

Mix: 2 - 3 oz. boxes orange jello
1 can undiluted frozen orange juice
2 cups hot water

Add: 2 cans Mandarin oranges, drained
1 can (medium size) crushed pineapple, undrained

Mix together and chill until firm.

Topping: 1 pkg. instant vanilla pudding
1 cup milk
1 pkg. Dream Whip

Beat until fluffy and spread on jello.

Vannas Hagerstrand

ORANGE JELLO SALAD

1 small box orange jello	1 can crushed pineapple (drained)
1 small box lemon jello	2 bananas (diced)
2 cups hot water	

Dissolve jello in hot water, let cool. Add fruit and cover with 10½ oz. pkg. miniature marshmallows. (colored marshmallows can be used) Let set.

Topping:

1 cup pineapple juice	2 tbsp butter (soft)
1/2 cup sugar	1 egg yolk (beaten)
1 tbsp. flour (heaping)	

Cook until thick and let cool. Whip one pkg. Dream Whip as directed on pkg. and fold into cooked mixture. Spread over jello and sprinkle with chopped nuts on top. Use 9 x 13" glass dish.

Olga Garafalo

MANDERIN ORANGE MOLD

1 pkg. (6 oz.) orange jello
1 can (6 oz.) crushed pineapple
1 small can frozen orange juice
2 small cans manderin oranges.

Dissolve jello in 2 cups boiling water. Add orange juice and drained crushed pineapple and mandarin oranges. Refrigerate till jelled.

Topping: 1 pkg. Instant French Vanilla Pudding
1 cup milk
1 small pkg. of Dream Whip.

Beat together at high speed until fluffy. Top jello mold. Refrigerate till ready to serve.

Kay Stupakis
Greek Ladies

ORANGE AND APRICOT SALAD

1 pkg. (6 oz.) Orange gelatin
2 cups boiling water
20 large marshmallows
1-#303 can crushed pineapple (well drained)
1-#303 can apricots (drain and mash)
1 cup pineapple and apricot juices (save the rest)

Dissolve gelatin and marshmallows in boiling water. Add drained fruit and 1 cup of combined juice. Chill in 9 inch pan until firm.

Topping:		
	1/2 cup sugar	2 Tbls. flour
	1 beaten egg	2 Tbls. butter
	Remaining fruit juice	3/4 cup Dream Whip (prepared)

To make topping mix sugar, flour and beaten egg well. Blend into remaining fruit juice, add butter, cook over low heat until thicken, cool. Fold in Dream Whip. Spread over gelatin. Sprinkle with cheese. Serves 10-12.

Ruby McCraw

ORANGE JELLO SALAD

1 pkg. (6 oz.) orange jello
2/3 cup water
1/3 cup sugar
1 pkg. (8 oz.) Philadelphia Cream Cheese
1 (1#) can crushed pineapple, well drained
2 jars Apricot tapioca baby food.

Heat the above until the cheese melts. Cool; then fold in 1 large container Cool Whip. Spread in 9 x 13" pan or glass dish. Do not put in the pineapple until after the cheese is melted.

Ora S.

ORANGE SALAD

- 2 pkgs. (3 oz.) orange jello
- 2 cups boiling water
- 1/2 cup lemon juice
- 1 pint orange sherbet
- 1 can (11 oz.) Mandarin oranges (drained)
- 1 can #2 crushed pineapple (drained)

Dissolve jello in water and lemon juice, add sherbet. Add rest of ingredients. Chill several hours.

PEAR SALAD

1 pkg (3 oz.) lime jello
1 cup pear juice from #2 can pears. Heat (make up pear juice with water if not 2 cups) Mash pears with 1/2 lb. cream cheese. Whip 1/2 pint whipping cream (can use Cool Whip) Fold all together. Chill. Cut in half cherries for trim.

PERFECTION SALAD

- 1 pkg. lemon jello
- 1 cup hot water
- 1 cup cold water
- 1 tsp. salt
- 1 tsp. lemon juice or vinegar
- 1 cup cabbage (finely chopped)
- 1/2 cup celery (Shredded)
- 1 tsp. onion (finely minced)

Dissolve gelatin in hot water. Add the cold water, salt, lemon juice or vinegar. Chill. When mixture is slightly thickened, fold in the cabbage, celery, carrot and onion. Pour into molds and chill until firm. Serve on lettuce. Top with a dot of mayonnaise.

Rose Janus

PINEAPPLE JELLO SALAD

2 pkgs. lime or lemon jello
1 pkg. (8 oz.) Phil. cream cheese
1 large can crushed pineapple (well drained)
Chopped walnuts

Put jello and soft cream cheese in bowl. Add 2 cups boiling water and beat until dissolved; add other 2 cups liquid made up of water and pineapple juice. When above is set add drained pineapple and nuts and pour in pan to finish setting.

Chopped maraschino cherries may be added to the green jello.

Elizabeth DiBuono

PINEAPPLE-ORANGE SALAD

1 can (46 oz.) Dole pineapple juice
2 pkgs. (6 oz.) orange jello
2 oranges (sectioned)
¼ cup chopped green pepper
¼ cup sliced stuffed olives

Heat 2 cups pineapple juice to boiling. Stir in jello until dissolved. Add 2 cups pineapple juice and chill mixture to consistency of unbeaten egg whites. Fold in orange sections, green pepper and olives. Pour into shallow 5 cup mold. Chill until firm. Makes 8 servings.

Clara Boyer

PINEAPPLE SALAD

1 pkg. (6 oz.) lemon jello   2 cups hot water
Let stand until jello begins to set.

1 cup Velvetta cheese, grated   1 cup Cool Whip
1 cup crushed pineapple, drained   3/4 cup chopped nuts

Add to jello mixture - set until thick.

Jay Bonfiglio
Perrysburg, Ohio

PINEAPPLE-CARROT JELLO SALAD

Mix one large package orange jello with 1 cup hot water, then 1½ cup cold water. Add 1 medium size can of crushed pineapple (with juice) and about 1 cup grated carrots. Let set and serve on lettuce.

Margaret Cirner

QUICK FRUIT DESSERT

1 pkg. Jello (any fruit flavor   1½ cup boiling water
1 pkg. (10 oz.) Birds Eye Fruit   ¼ cup chopped nuts (option
(mixed fruit, strawberries,
red raspberries or peaches)

Dissolve Jello in boiling water. Add frozen fruit and stir gently until fruit thaws and separates. Gelatin may begin to thicken. Add nuts. Spoon into dessert dishes. Chill until set - about 30 minutes. Makes 3 cups or 6 servings.

To serve over cake squares or creamy puddings add 1/2 cup cold water when making the Quick Fruit Dessert.

Lani Luti

SAW DUST SALAD

1 pkg. (3 oz.) orange jello
1 pkg. (3 oz.) lemon jello
2 cups boiling water
1½ cup cold water
2 cups miniature marshmallows
1 cup chopped nuts
1 cup crushed pineapple (drained) reserve juice to soak
2 or 3 bananas sliced thin (drain before adding to salad)

Combine above ingredients and chill till set. Place in 9 x 13" glass dish.

Topping: 1 egg yolk
1 Tbls. flour
1/2 cup sugar
1 cup pineapple juice

Combine above ingredients, cook till thick, then cool. Whip 1 pkg. Dream Whip, cream 8 oz. Cream Cheese, add 1 Tbls. sugar, pinch salt, fold in Dream Whip. Frost top of salad. Refrigerate.

Margaret Frenchek

A. M. STRAWBERRY DELIGHT

2 - 9 oz. Cool Whip
1 can (med.) Eagle Brand condensed milk
1 can (med.) Crushed pineapple (drained)
1 can (med.) Thank you brand Strawberry or Cheery

Mix Cool Whip and Eagle Brand milk well. Add the pineapple and strawberry and mix well. Refrigerate.

Ann Macik

STRAWBERRY-APPLE SALAD

1 pkg. (6 oz.) Strawberry jello
2 cups boiling water
1 cup crushed pineapple (drain and use juice to make 2 cups liquid)
1 cup strawberries
4 tart apples (cubed)
Pinch salt
1 tub Cool Whip

Dissolve gelatin, drain juice of pineapple. Add enough wate to make 2 cups liquid. Add to gelatin, let partially jell. Mix apples and pineapple with gelatin. Add strawberries. Fold in Cool Whip. Chill and serve.

Rose Janus

STRAWBERRY SALAD

2 pkgs. (3 oz.) strawberry jello
1½ cups boiling water
1 pkg. (16 oz.) frozen strawberries (slightly thawed)
1 can (10 oz.) crushed pineapple
1 cup sour cream.

Dissolve jello in boiling water, add frozen strawberries. Chill till congealed. Add undrained pineapple. Put 1/2 jello mixture in 9 x 9 x 2" pan. Chill slightly. To other half fold in sour cream. Pour on top of chilled jello gently.

STRAWBERRY MOLD

3 pkgs. (3 oz.) Strawberry jello
2-10 oz. pkg. frozen strawberries
1 large can pineapple tidbits
3 cups boiling water
½ cup chopped nuts.

Dissolve jello in boiling water, add defrosted berries, pineapple and juice, add nuts. Use 3 qt. mold.

Sylvia Wilen

COOL SUMMER SALAD

1 lb. cottage cheese
1 small can crushed pineapple (drained)
2 pkgs. (3 oz.) Cheery gelatin (or your choice)
8 to 10 maraschino cherries
1 tub Cool Whip

Mix dry gelatin with cottage cheese thoroughly. Add pineapple and cherries and blend. Add Cool Whip to this mixture and refrigerate one hour. Serve on lettuce.

Rose Janus

TART SALAD

3 small lemon jello
1 cup chopped celery
1 cup red grapes (seeded and cut)
1 can crushed pineapple (drained)
1 cup chopped walnuts

Drain pineapple well. Use juice instead of water for jello. Add nuts, celery, grapes and pineapple to jello. Refrigerate to set. Very good salad to use with all meats, especially anything greasy.

Mariam C. Scales

TRIPLE-LAYER JELLO SALAD

1 #303 can pears
1 #1 flat can crushed pineapple
1 (8 oz.) pkg. Phil. Cream Cheese (room temperature)
$\frac{1}{4}$ cup diced celery
$\frac{1}{4}$ cup chopped green pepper
$\frac{1}{4}$ cup chopped nuts (optional)
1 pkg. (3 oz.) lemon jello
1$\frac{1}{2}$ envelope unflavored gelatin

Drain juices from fruit. Add water to make 3$\frac{1}{2}$ cups liquid. Heat to boiling. Dissolve jello. Dissolve gelatin in $\frac{1}{2}$ cup cold water. Add to hot jello liquid. measure 1-1/3 cups liquid and pour into 9x9" or 7$\frac{1}{2}$ x 11" pan. Add drained crushed pineapple and chill until firm. Gradually add 1-1/3 cups reserved liquid to cream cheese, stirring until blended. Add celery, pepper and nuts. Pour over firm pineapple layer. Chill until firm. Dice pears and add to remaining liquid. Pour over firm layers.

Helen Proch

APPLE SALAD

4 or 5 apples, washed, cored and thinly sliced
1/2 cup chopped nuts
1/4 cup chopped celery
2 Tbls. minced onion
1/3 cup mayonnaise
2 Tbls. Blue cheese, crumbled
Dash of Hot Pepper sauce
6 lettuce cups.

Combine mayonnaise, cheese, onion and pepper sauce in a mixing bowl. Place other ingredients in a salad bowl. Pour mayonnaise mixture over and mix carefully but well. Serves 6.

CARROT SALAD

2 bunches carrots (sliced coin size, cooked, drained & cooled

In large bowl mix:
1 can tomato soup
¼ cup salad oil
¼ cup vinegar
½ cup sugar
½ tsp. dry mustard
1 Tbls. Worchestershire Sauce
1 green pepper (diced)
1 large onion (diced)

Mix all ingredients together and refrigerate over night. Serve cold.

Marilyn Druash and
Olga Garafolo

COPPER PENNIES

5 cups (2 lbs.) sliced cooked carrots
2 medium onions (sliced thin)
1 green pepper, diced

Combine:

1 can tomato soup
1/2 cup salad oil
1 cup sugar
3/4 cup vinegar

1 tsp. salt
1 tsp. pepper
1 tsp. prepared mustard
1 tsp. Worestershire sauce

Pour over carrots and let stand at least 12 hours, drain and servie. It will keep at least two weeks in refrigerator. Dressing may be retained and used on tossed salad.

Dorothy Martz

LAYERED SALAD

1 large head lettuce (shredded)
¼ cup sliced onions
¼ cup chopped celery
2 cups (generous) mayonnaise
3 Tbls. sugar
Grated cheese (Cheddar, sharp)
1 can (63 size) water chestnuts (sliced)
1 pkg. frozen peas unthawed
Tomato wedges
2 - 3 sliced hard boiled eggs
3/4 lb. bacon (fried crisp; crumbled)
Parsley

Shred lettuce in flat 9 x 13" dish - layer rest of ingredients. Sprinkle frozen peas - frost with mayonnaise. then sugar and cheese. Cover and refrigerate overnight. Before serving, garnish with bacon, tomatoes, egg and parsley.

Alberta Stima

FRUIT SALAD

1 can apricot pie filling
1 large can fruit cocktail (drained)
1-#2 can pineapple chunks (drained)

Mix together; chill. Just before serving add 2 sliced bananas.

June Stieska

HAWAIIAN SALAD

1-#2 can pineapple tidbits (drained)
1-10½ oz. can Mandarin oranges (drained)
1 can green grapes (or equivalent in fresh grapes)
1 cup miniature marshmallows
1 can Baker's coconut
3/4 pint sour cream
1 small jar Maraschino cherries (drained)
1/4 tsp. salt.

Make day ahead. Combine all ingredients. Fold in sour cream and chill overnight. Makes 8 servings. May omit grapes.

MOLDED TOMATO ASPIC

Heat to boiling 1 cup tomato juice
Pour over 1 pkg. (3 oz.) lemon jello . Stir until dissolved
Add 1 cup cold tomato juice. Cool until slightly thickened.

add: 1 cup shredded cabbage
1/2 tsp salt
2 Tbls. chopped green pepper
1/2 to 1 cup chopped celery
1 small bottle stuffed olives, sliced
3 Tbls. lemon juice.

Mix well. Chill thoroughly.

Jay Bonfiglio

MOCK-MOLDED POTATO SALAD

2 pkgs (3 oz.) lemon jello
1 pkg. (8 oz.) cream cheese
3 Tbls. salad dressing
1 cup chopped celery
1 cup chopped cucumbers
(pared and seeded)
1 small onion chopped
3 hard boiled eggs (chopped)
Salt to taste

Dissolve jello in 1 cup of hot water. Add softened cream cheese and salad dressing. Mix well and cool. Add the remaining ingredients. Stir to blend and add celery seed if desired. Pour into individual molds or single mold and chill.

Margaret Perry

PTRITZEL SALAD

2 cups crushed pretzels
3/4 cup melted butter
1 pkg. (8 oz.) cream cheese
1 cup sugar
3 Tbls. sugar
1 medium Cool Whip or 1 Dream Whip
1 pkg. (6 oz.) Strawberry jello
2 cups boiling water
1 pkg. frozen strawberries (or other fruit)

Combine pretzels, 3T. sugar and butter in 9 x 13" pan. Bake 400° for 8 minutes. When cool, mix cream cheese, 1 cup sugar and fold into Cool Whip. Pour on pretzels. Let stand 10 minutes. Combine jello, boiling water and fruit. Pour onto cheese mixture when slightly cool Refrigerate overnight. Serves 8.

Peggy Winfield
Mentor, Ohio

VEGETABLE SALAD

2 pkgs. (3 oz.) lemon or lime jello
1 stalk celery (chopped)
1/2 carrot grated
1 small can crushed pineapple

Blend altogether - serve on lettuce.

Helen Guzensky

SALAD WITH CUSTARD

Custard:

1 egg (well beaten)
1/2 cup sugar
3 Tbls. flour (rounded)
1 cup pineapple juice
1 cup apricot juice
2 Tbls. butter

Cook until thick, then cool. Whip 1/2 pint whipping cream, fold in. Refrigerate overnight.

Salad:

1 large can apricots, chopped and well drained
1 medium can crushed pineapple well drained
2 boxes (3 oz.) orange jello
2 cups boiling water
1 cup of juices (mixed)
1 cup miniature marshmallows.

Top salad with custard.

WHITE SALAD

40 Ritz crackers
1 cup crushed nuts
4 egg whites - Beat stiff and fold in above 2 ingredients. bake 12 to 15 minutes at 350°, or just until starting to brown. Let cool completely.

Beat 2 pkgs. Dream Whip; add 1 large can crushed pineapple (well drained) and 1 large pkg. cream cheese. Mix together well. Put on top of baked portion. Refrigerate.

CHICKEN SALAD

3 fryers
1 head lettuce
1 small stalk celery
8 eggs (Cooked)
2 jars broken or salad olives
1 cup sweet pickle chips (quartered)
Salad Dressing

Cook and bone chickens. Chop all other ingredients * Mix all together. Toss with dressing and serve on lettuce leaf.

*Note: Addchopped lettuce just before serving. This will keep lettuce crisp and not wilted.

HAM SALAD DE LUXE

1 pkg. (3 oz.) lemon jello
½ tsp. salt
1 cup boiling water
3/4 cup cold water
3 Tbls. vinegar
1½ cups finely diced ham
1 cup finely chopped celery
2 Tbls. chopped sw. pickle
½ tsp. grated onion.

Dissolve jello and salt in boiling water. Add cold water and vinegar; chill till very thick. Add remaining ingredients. Pour into 1 quart mold; chill until firm. Unmold. Makes 3½ cups.

Lani Luti